



MEDFORD HIGH SCHOOL

NOTES FROM THE EDITORS

The Blue & White Yearbook



KYLIE TRUONG

"One of the most important things I wanted to feature in this Blue & White yearbook is the unique and large range of opportunities that Medford has to offer, which most public high schools in Massachusetts don't have. Growing up in Medford since the age of seven, I am very fortunate to have met different people from a wide range of identities because this is something not every city has. From the wide range of athletics at all levels, to fine arts, to co-op opportunities, to the community service experiences in Medford and surrounding cities, to student run organizations, this book covers it all.

I joined the yearbook committee my junior year as a staff member and loved being a part of this student organization since. Earning the role of being a student leader as co-editor for the Class of 2019 yearbook during my senior year of high school is one thing that I will remember. Enjoy this edition of the Blue & White that over 20 yearbook staff members and I worked very hard on."

FRANCESCA LEGGIO

"The Blue and White is one of the longest running clubs at the high school. Each year, the yearbook staff works hard to create a unique yearbook that represents the entire school. This year we chose the theme 'Capture the Moment' to make sure this yearbook represents everyone's experience at Medford High."



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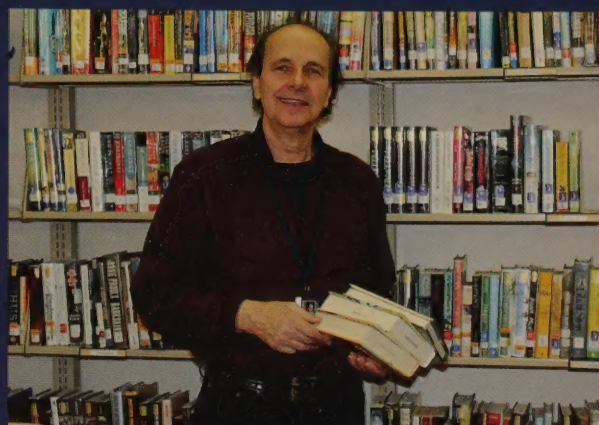
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The Class of 2019 Would Like To Dedicate the Yearbook To Ms. Chalifoux and Bill the Librarian



The Class of 2019 would like to dedicate the yearbook to Ms. Chalifoux for not only your knowledge of many languages, but for your great personality. We want to thank you for taking over the GSA and being accepting of every student at Medford High. Every event, you spend countless hours making sure everything is perfect, and without you, events such as the Neon Dance, Coffee House, and GSA meetings on Thursdays would not be possible. You were always there for us throughout our four years if we needed advice or someone to talk to. We thank you for your dedication and many memorable moments throughout the years.



Neighborly is a word Medford High School students would associate with our favorite librarian, Bill. In his over ten years of keeping our library safe and crumb-free, Bill has proven to be an ideal role model for Medford High students both as a librarian and a person. When asked, Medford High staff described Bill as an easy going guy whose unique sense of humor allows him to work well with kids of any age. Throughout his career, Bill continues to demonstrate his love for books and has candidly helped shape countless young people's lives. This is why the Class of 2019 would like to dedicate our yearbook to Bill. We love you Bill.

With Special Thanks To Our Class Advisors, Ms. Reardon and Ms. Tsoukalas



The Class of 2019 would like to thank Ms. Reardon and Ms. Tsoukalas for their countless dedicated hours to make the past four years run smoothly. Running a class can be tough, nevertheless for the first time, but who would have thought this was the case with Ms. Reardon and Ms. Tsoukalas? We entered this together freshman year, optimistic about the future, unknowing what it would hold. Though there were many ups and downs, your positive outlook and efforts got us through it all. From fundraising coordination to always keeping the student government on task, we could not have asked for two better advisors. You brought your chemistry and ambitions into everything we have done over these past four years and because of this, we thank you. We thank you for always being there for us, and truly connecting with the individuals of our class.



Rudina Ademaj
Mathematics



David Ambrose
English



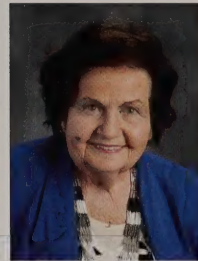
James Amerena
Special Education



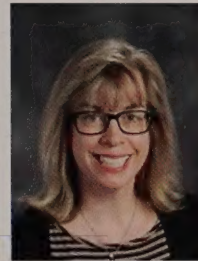
Carla Andre
Project Transition



Mark Bartolanzo
Mathematics



Rosemary Beagan
Science



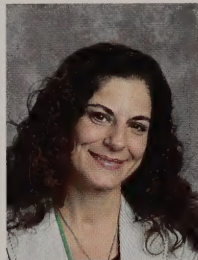
Lisa Beaulieu
English Learners



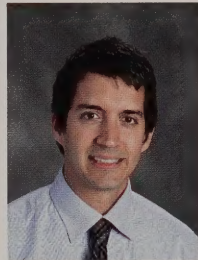
Louis Beckwith
Auto Tech



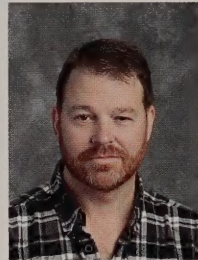
Luella Benn
ETL



Vilma Bibeau
Foreign Language



David Blauch
Assistant Principal



Douglas Bowen-Flynn
English



Lisa Bowler
Secretary



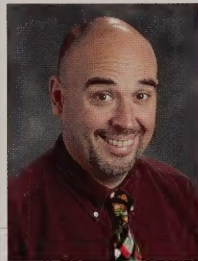
Patricia Brandl
Science



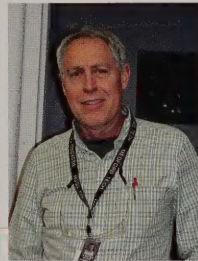
Leanne Briand
Foreign Language



Nellie Broderick
Guidance



Matthew Brophy
Social Studies



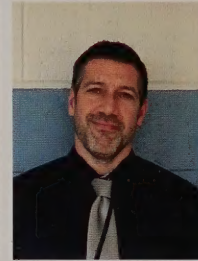
Larry Brown
Carpentry



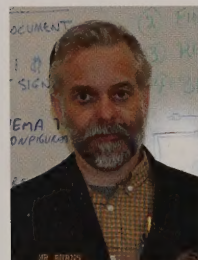
Jon Brown
English



Mary Bucchieri
Special Education



Stephen Burnham
Assistant Principal



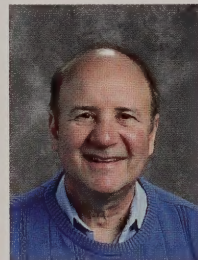
Adam Burns
Electrical



Betsy Burns
Special Education



Monica Canetta
Foreign Language



Lenny Caplan
Media Tech



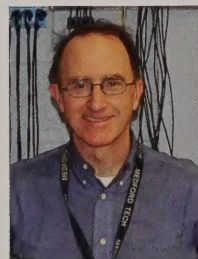
Ivy Carnabucci
Science



Holly Casaubon
Special Education



Nicole Chalifoux
Foreign Language



Sam Christy
Robotics & Engineering



Barbara Chyen
Mathematics



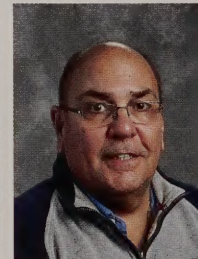
Gina Citrano
Administrative Asst



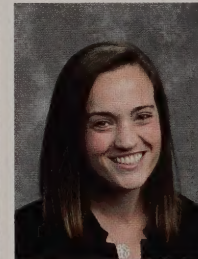
Kim Clinton
ETL



Kristen Coolen
Business Marketing



Rich Cormio
Electrical



Loretta Costello
Special Education



Meghan Coyne
Mathematics



Jessica Craft
Mathematics



Kevin Cullen
Social Studies



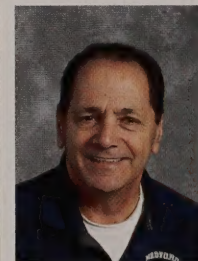
Elizabetha Daneu
Social Studies



Paul D'Alleva
Headmaster



Karen D'Angelis
Administrative Asst



Robert Dell'Ova
Auto Tech



Nancy DeRosa
ELL



Saioa Diez
Foreign Language



Joseph Donlon
Social Studies



Nancy Donlon
Social Studies



Maria D'Orsi
Librarian



Craig Drauschke
Social Studies



Jodie Driscoll
Science



Robert Drobneck
Culinary Arts



Lisa Dunphy
Media Technology



Eric Esner
English



Charles Fallon
CTE Director/Principal



Anthony Faradie
Special Ed Math



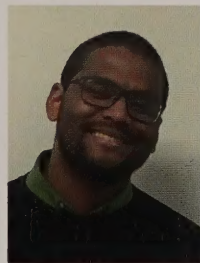
Sarah Fard
Music



Michele Farquharson
Early Childhood Ed



Audrey Feitor
Science



Courtland Ferraira-Douglas
Science



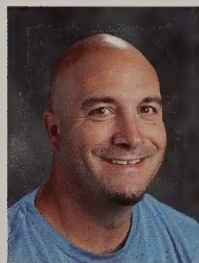
Alice Beth FitzPatrick
Guidance



Kim Flaherty
Administrative Asst



Krissy Fraser
Media Tech



Matthew Galusi
Physical Education



Shannon Gardener
Special Edution



Jennifer Gates
Special Education



Anthony Geehan
English



Sandra Gianino
Cosmetology



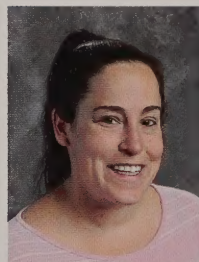
Cheryl Giordano
English



Victoria Glasser
Guidance



Elizabeth Gomez
Foreign Language



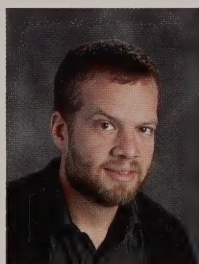
Christine Grassa
MEEP



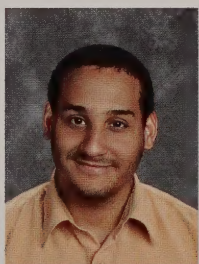
Jessica Hamerly
Mathematics



Charlotte Hiem
Guidance



Max Heinegg
English



Reibin Hiraldo
Mathematics



Wendy Horne
Guidance



Sabrina Huether
Project Transition



Devon Hughes
ALP



Riley Jones
Social Studies



Nicholas Kain
Social Studies



Erin Karagjozi
Robotics/Mathematics



Daniel Kelly
Construction



Faiza Khan
Mathematics Director



Jane King
Administrative Asst



Alison Kirkpatrick
Early Childhood Ed



Jessica Langley
Adjustment Counselor



Peter LaPointe
Construction



Maureen Lavin
Physical Education



John Lazzaro
Science



Megan LeClair
Mathematics



Nelida Lepore
Foreign Language



Barry Lewis
English



Noah Lewkowicz
Robotics & Engineering



Christine Leva
CTE Support



Kacey Littman
Science



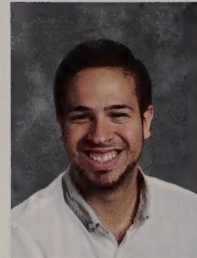
Alexandria Lucuk
Science



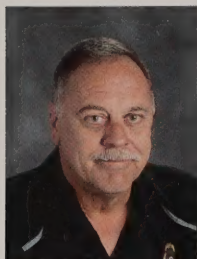
Mark Lumino
Carpentry



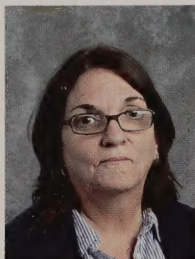
Colleen Mahany
English



Nelson Maldonado
Mathematics



Bill Mazaka
Security



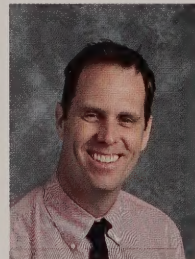
Martha McCarthy
Administrative Asst



Rebekah McGinnis
English



Melissa McIntyre
English Learners



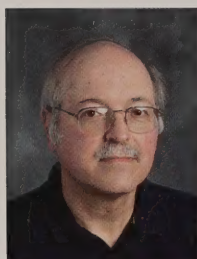
Matthew McKenna
English Learners



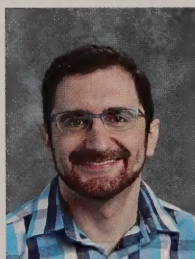
Michael McLaughlin
Secretary



Dana McMahon
Social Studies



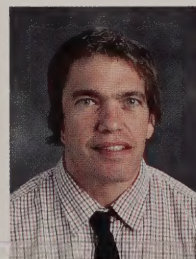
James McMahon
Social Studies



Joel Menasha
Guidance



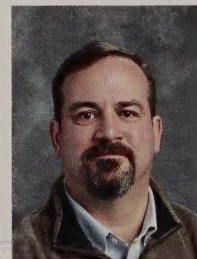
Lisa Miller
Programming & Web



Andrew Milne
Social Studies



Dennis Moriarty
Culinary Arts



Shawn Morris
English



Stacey Mulligan
Assistant Principal



Krista Murphy
Special Education



Jason Nascimento
Guidance



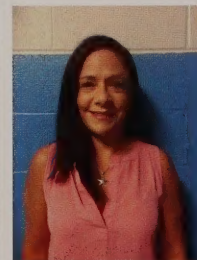
Regins Needham
Mathematics



Ivey Nelson
Special Education



Gia Nguyen
English Learners



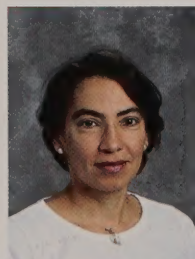
Diana Nobrega
Art



Krista Normandin
Guidance



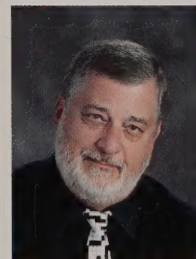
Marie Nyland
Foreign Language



Monica Pacheco-Tougas
Mathematics



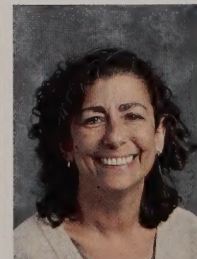
Joanne Panzini
Administrative Asst



Jack Paster
Special Education



Emily Pellini
English



Karley Perrin
Special Education



Dimitrios Petrides
Social Studies



Sheila Pyrcz
MEEP



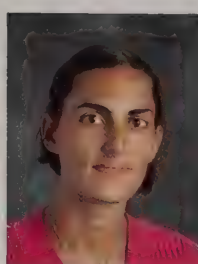
Ellen Reardon
Health



Haley Rello
Music/Band



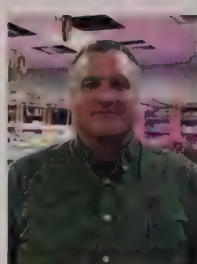
David Richard
Physical Education



Jennifer Rigano
Mathematics



Tracey Riley
School Psychologist



Norman Rousseau
Biotech



Mariantonietta Salvati
Foreign Language



Nicole Sanford
English



Jhum Sarcar
Education Team Leader



Pampi Sarcar
Science



Amie Saulnier
English Learners



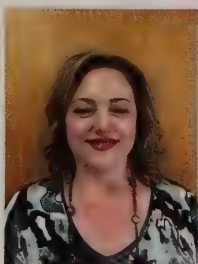
Sandra Savini
Health Assistant



Stacey Schulman
Guidance



Philip Scialdoni
Mathematics



Lauren Sciarratta
Cosmetology



Emily Simpson
Mathematics



John Skerry
Social Studies



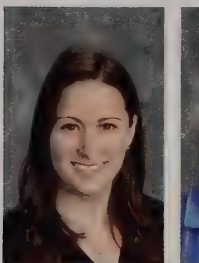
Michael Skorker
Foreign Language



Carey Smith
Art



Lina Smith
Foreign Language



Melissa Solomon
Science



Michael Sorrentino
Metal Fab



Lou Spagnola
Graphic & Design



John Spagnola
Graphic and Design



Ben Staines
Guidance



Rebecca Steinberg
Guidance



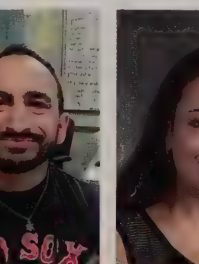
Scott Stelter
English



Jonathan Streff
Social Studies



Anthony Szykniej
Orchestra



Stephanie Teleen
Special Education



Joel Tenenbaum
Science



Sarah Terranova
English



Niklas Tower
English



Gail Treanor
Assistant Principal



Linda Trofimow
Health Assistant



Ashley Tsoukalas
Health



Candace Van Aken
Art



Jaime Van der Kloot
Construction



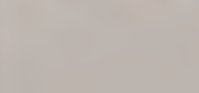
Scott Volmer
History



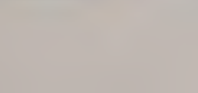
Michael Wadness
Science



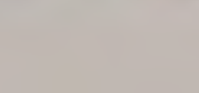
Griffin Weigel
Science



Paul Willaims
Science



Jonathan Wilson
Science



Matthew Wilson
Mathematics

Teacher Superlatives

"Ms. LeClair is a wonderful human being, and I am incredibly lucky to exist at the same time as her. Not only is she amazing at teaching the subject matter, she works extremely well with the students she teaches. Her room has become a safe room for students, and Medford is a better school to learn and be at because of her." -Annabelle Tang

"Ms. Reardon is one of the few teachers that always tries to get to know students outside of school and always find a way to make us laugh. Thank you for a great four years! I'll miss you and our marriage!" -Sarah Deasy

"Spanish with Ms. Lepore has truly been a unique experience. Not many teachers bring the same level of enthusiasm and passion that she does everyday." -Ryan Mann

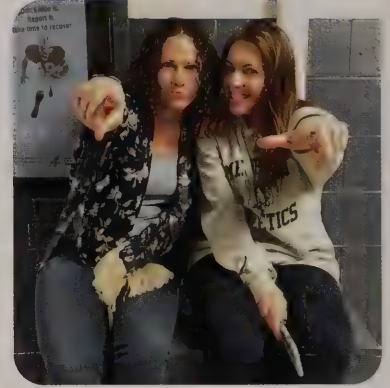
"Ms Tsoukalas is an amazing teacher. She cares about all of her students and teaches us how to better our lives." -MaKenzie Eisnor

"I think a great history teacher is one that incorporates ways of making history interesting for students in the classroom, and Mr. Streff does just that. He is passionate about history, which gives his students the ability stay interested and engaged. Mr. Streff showed that history isn't just a way of of the past, because there are patterns from past events that affect our everyday lives. He highlights the importance of history, and I'm glad I had the opportunity to be his studnet for two years." -Mikhayla Rothermel



Best Taste In Music

Mr. Wilson & Mr. Heinegg



Dynmaic Duo

Ms. Tsoukalas & Ms. Reardon



Beast Beards

Mr. Cullen & Mr. Streff



Most Likely To Be At A School Event

Mr. Xanthopoulos & Mr. Blauch

"Mr. Xanthopoulos is a person who is dedicated to ignite imagination in his students. He lives to inspire." -Anika Patten

"Mr. Ambrose was my sophomore year English teacher as well as my junior and senior year yearbook advisor. Every year when I have him as a teacher, he opens up my perspective of the world in new ways that I couldn't have possibly thought of myself. He took the time out of his busy schedule for me so that I could suceed. I will miss him rapping randomly and calling me 'Killa Kylie.' I don't think I will ever have another teacher ask me 'Sicko Mode or Mo Bamba?' again." -Kylie Truong

"Mr. Cullen is always someone who can brighten your day. Don't get fooled by his Irish temper - he is one of the most caring and thoughtful teachers at MHS!"

-Haley DiPietrantonio

"Mr. Heinegg is one of the best English teachers at MHS, at least one of the most entertaining. He focuses on teaching real world material while having a laid back classroom atmosphere and expectation of work that resembles that of a college or other professional environment. He also is in charge of the Mustang News and MHS Mantra (an artistic magazine), both of which can be found online, which are a wonderful outlet for writers and artists at MHS that also publishes MHS news. You can always count on having an interesting conversation with him."

-Ruby Green

"Mr. Blauch is one of the most personable people you could find at Medford High. If he isn't deciplining students, he's usually giving high fives. When asked, Medford High students compared Mr. Blauch to John Travolta's role as Vincent Vega in Pulp Fiction. We will remember Mr. Blauch, undeniably the most hip staff member at MHS."

-Kieran McFadden

"Ms. Chalifoux is an amazing teacher because she is considerate of her students and their personal lives. She hears the students and actually listens to them. Her class is full of culture and acceptance." -Cadence Higgins



Most Likely To Friend You On Facebook

Ms. Chalifoux & Ms. LeClair



Most Likely To Brighten Your Day

Mr. Ambrose & Ms. Lepore

TIME

Senior Class Officers - Time Entry



Put the "us" in Mustang.

Working hard to get it done. One step at a time.



President
John Intoppa



Vice President
Patrick Fanning



Secretary
Christopher Walsh



Treasurer
Marco MacElhiney

Featuring former student leaders...

Freshman Year 2015-2016
President: Jessica Taddeo
V-P: Shubhecchha Dhaurali
Secretary: Michael Palmer
Treasurer: Meghan Smith

Sophomore Year 2016-2017
President: Michael Palmer
V-P: Kevin Casey
Secretary: Michael Branley
Treasurer: Meghan Smith

Junior Year 2017-2018
President: Samantha Pascal
V-P: Lia BenDaniel
Secretary: Michael Branley
Treasurer: Marco MacElhiney



Kathrina Abano



Brooke Adams



Jenna Agnone

*"I don't wanna go outside, it's dangerous out there."
— A 7-year-old from after school*



Daria Agrba

This quote was done minutes before it was due, just like everything I did in school.



Rycanette Aime



John Aldorasi Jr.

Work hard for what you want.



Ana Claudia Alves

Thank you Matheus Germano for putting up with me all throughout high school from 7000 km away.



Thiago Andrade

I wish there was a way to know you're in the good old days, before you've actually left them.



Mathews Aredes



Leandro Philipe Aredes

If you like handsome people, you already like 0% of me.



Andrea Arellano

*"We all become stories in the end. Just make it a good one, eh?"
— M. Atwood*



Joaquin Armaiz

*"Exit, Pursued by a bear"
— from A Winter's Tale*



Audgellyca Ashmarah



Auderulca Ashmarah

Never accept injustice as a fact; but fight for its opposite to thrive.



Gilda Austrel

*"You never see it coming, you just get to see it go."
— Aubrey Graham*



David Avila



David Bacon Jr.

A critic has never been able to keep me from rising higher. An eagle can fly at heights a crow cannot reach. The crows can't go where I'm going.



Emma Baker

I've never met a mirror I didn't like.



Noah Baptiste

Spend money on what you lost. There's no time machines in life.



John Barberian

I don't want a quote.



Adriana Barbosa

Not all storms come to disrupt your life, some come to clear your path.



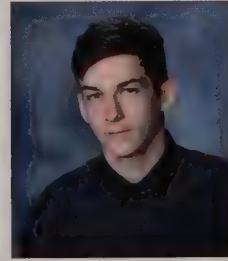
Luiza Barbosa

*"Goodbye everyone. I'll remember you all in therapy."
— Plankton*



Kevin Barrasso

I am my brother's keeper.



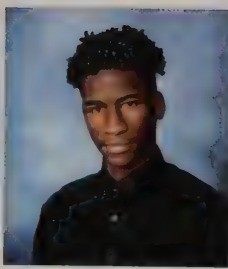
Keith Barrasso

I am my brother's keeper.



Giovanna Batti

Stay gold.



Edwins Bazile

Was released from his four year sentence.



Lorana Beco

This wasn't like High School Musical at all.



James Bellino

It wasn't me.



Lia BenDaniel

Finally, I can run away into the woods.



Sofia Bendok

Can't believe I graduated without a record...oh wait.



Narmene Bensaber

My way to success is if tomorrow isn't the due date, today isn't the do date.



Izaak Beusmans

*"I've heard it both ways."
- Shawn Spencer, Psych*



Michael Black Jr.

Wise men say, 'Forgiveness is divine, but never pay full price on a late pizza.'



Dillon Bombino

Dilly Dilly!



Michael Boudreau Jr.

*"She likes women's basketball."
- Malachy Thomas Donovan*



Abigail Brady

Do what you like, like what you do.



Nathan Brand

I think I hurt my knee.



Michael Branley

Y'know, I guess one person can make a difference... 'Nuff said.



Cole Brennan

Sometimes I have to remind myself that on the worst days, I live like somebody on their greatest.



Alieda Brenton

Trans rights!



David Brosnan



Lauren Brown

*"Never follow anyone else's path, unless you're in the woods and you're lost."
- Ellen Degeneres*



Leonardo Bruce



Sara Bruno

Call me, beep me, if you wanna reach me.



Leah Bucknam

*"Some people feel the rain, others just get wet."
- Bob Marley*



Rachael Buendia



Jeremiah Burnett

Excuses are useless when the results are priceless.



Tevin Cadet

The best of me is yet to come...



Ryan Cafferky

I eat a lot of food.



Kevin Cagnina

*I'm playing in my trade but never knew how it was on the field.
#HVAC #VOC*



Jayson Campbell

Club penguin shouldn't have been shut down.



Marcio Junior Campos Neto

"Vai catar coquinho Mário." – Dara



Melissa Canelas

Work hard in silence. Let success be your noise.



Elizabeth Carey

Never keep smiling.



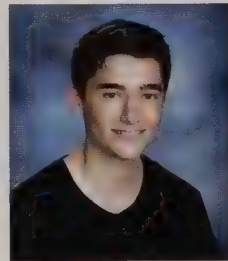
Quinlan Carroll

"If one of us goes to war, we all go to war!" – McGregor



Karizma Carvajal

*"All endings are beginnings. We just don't know it at the time."
– Mitch Albom*



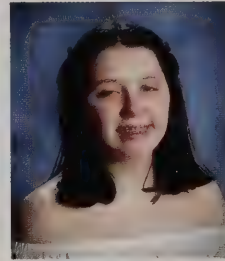
Kevin Casey

Let your ambition carry you.



Lorena Caso Cano

Don't get angry at those who challenge you, get angry at those who don't.



Cheyenne Celletti

No, I'm not shy.



Sophia Chalabi

No one ever noticed my haircut.



Hannah Chan

Yes, I know my name is a palindrome.



Gaelle Charles

*/Gyel/
[noun]
Beautiful, zealous, willful. Epitome of black girl magic; Youngest senior of co'19.*



Xavier Chevy

Match.



Pema Choejung

*"If you think you are too small to make a difference..."
– The Dalai Lama*



Anthony Chow

Loss is apparently an inappropriate quote.



Ryan Ciarlone

*"Great men are not born great, they grow great."
– Don Vito Corleone*



Kristen Cimino

Funny how I can remember lyrics to so many songs but can't remember anything for a test.



Dalia Clark

Thought I was going to find my Troy Bolton, guess not.



Reginsberd Clenord

I cut the grass low so I can see the snakes all in my lawn.



Clara Coelho

Music in my heart. Head in the clouds. Food in my stomach. High school nowhere to be found.



Hannah Cohen

Practice like you've never won, perform like you've never lost.



Tyler Collazo

They say you are what you eat, but I don't remember eating a goat.



Antonia Collins

If Harry Potter taught us anything, it's that no one deserves to live in a closet.



Geovanni Colon



Tolanya Colon



Toni Colozzo

To get through high school all you need is your best bud.



Thomas Connearney

I gotta run to my truck for a few.



Sabrina Correia

"Every day may not be good but there is something good in every day."



Hannah Correnti

This was NOTHING like High School Musical shake my head.



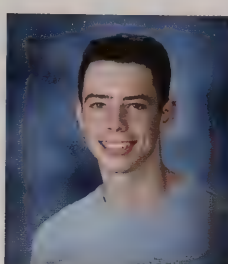
Courtney Costa

*"Life's a climb. But the view is great."
— Miley Cyrus*



Novensie Coudeau

"Hate cannot drive out hate; only love can do that."— MLK



Harrison Creamer

*"Every role player has to shine sometimes."
— Vikram Jeet Bahamra*



Matthew Crowley

Shoot! I gotta come up with a senior quote by Monday!



Gabriel Cupertino

You'll tell your kids you went to school with me.



Beatriz Dantas

Trust your ideas.



Devin DaSilva

Doesn't matter what's tripping you out, there's ways to go.



Nicolas Davis



Ava Dawley

The sports that I played involved a lot of sitting, one was in a boat and the other on the bench.



Sarah Deasy

*"I knew exactly what to do, but in a much more real sense, I had no idea what to do"
— Michael Scott*



Kayla Dell'Anno

It is irrelevant to me, unless it is about cats.



Deivid Demo



Charles DePalma



Nicholas DeSimone

"The journey is never ending."— AB



Wede Fegerson Desir

FYI, it's pronounced Wade.



Elijah Desmarais

Facts don't care about your feelings.



Apurba Devkota

OJ didn't do it.



Shubhecchha Dhaurali

*"You live most of your life inside your head, make sure it's a nice place to be."
— Unknown*



Sofia DiMeo

"Thank you Kanye, very cool!"



Carmen Diorio

So where does Carmen actually live?



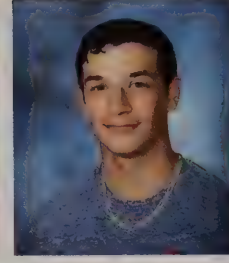
Haley DiPietrantonio

I told y'all you should've been team Taylor back in 2016, look at Kanye now.



Erin Diskin

*"Just do what I do when I have problems. SCREAM!!!"
— Patrick Star*



Joel Disla

Tribe 2018-2019



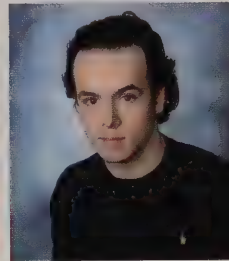
Darwin Do

*"I did not! Mr. Electric, send him to the principal's office and have him EXPELLED!"
— Linus*



Aidan Donovan

Don't threaten me with a good time.



Malachy Donovan

You can pay for school but you can't buy class.



John D'Orazio III

I eat stickers all the time, dude!



Kester Dorestant

The clock got wings.



Jennifer Dossantos

*"She is clothed with strength & dignity & she laughs without fear of the future."
Proverbs 31.25*



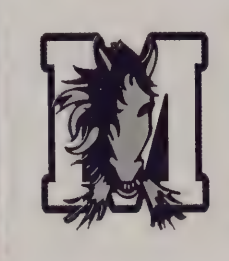
Jessica Dossantos

"God gave us the gift of life; it's up to us to give ourselves the gift of living well."

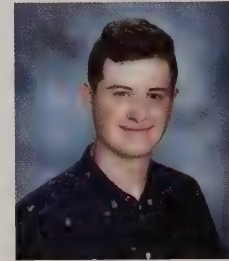


Willa Driscoll

*"Look around. Look at what we have. Beauty is everywhere — you only have to look to see it."
— Bob Ross*

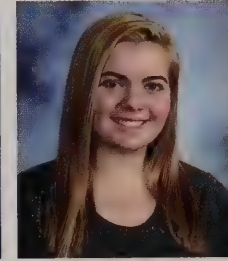


Cassidy Dupont



Jack Egan

Tomorrow belongs to those who can hear it coming.



MaKenzie Eismor

High school was all about using my resources wisely.



Sarah Elkandakly

To move forward, you have to give back.



Brianna Ellis

*"There were dragons when I was a boy."
— from Hiccup Horrendous Haddock III*



Alejandro Espinosa



Anthony Esposito

12 years and 43 asthma attacks later, I graduated.



Christelie Etienne



Roberline Exateur



Patrick Fanning

If con is the opposite of pro, who's surprised that Congress is the opposite of progress?



Nadia Farmer

I didn't wanna self destruct, so I went running for answers.



Angelo Federico



Jessica Fedoce



Joao Victor Fernandes

Failure and setbacks are ingredients for a great success story. #88



Rubia Fernandes

*"Making the world a better place, one student at a time."
– Michael Skorker*



Erick Flores



Levictor Fonseca



Brenna Forbes

*"We may encounter many defeats but we must not be defeated."
– Maya Angelou*



Cameron Francis



Angelina Frateva

Look around and appreciate what you have. Nothing will be the same in a year.



Chistopher Freeland

*Go Beyond Plus
Ultra!*



Cayla Fusco

By the time you see this I'll be wearing my 60th hair color.



Julia Galebach

My watch has ended.



Eleni Gallas



Isabella Garcia

I'm not short, I'm really fun sized.



Yasmin Garcia

Desculpe o atraso é porque eu nao queria vir.



Justin Garland

You'll never regret doing the right thing.



Anesia Gello

It's just my face.



Samuel Genia

The most important lessons I've learned in my life, I never learned from a teacher or book.



Rebecca Rose Gifford

Is this my senior quote? No, this is Patrick.



Derek Giglio

The roof is not my son, but I will raise it.



Jaiden Glass

Nothing in life stays the same forever so enjoy what you have while you have it.



Samuel Gomes



Maya Gomez-Coultas

Onward and forward ladies.



Mariana Goncalves

"This action will have consequences..."
– LiS



Matthew Grant

Don't give up on your dreams. Keep sleeping.



Ruby Green

"Make it a great day or not, the choice is yours."
– Joan Yeager



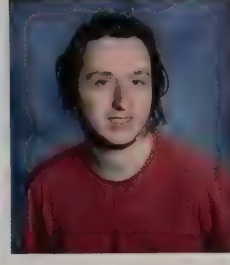
Gillian Grubb

"Thank you, next."
– Ariana Grande



Matthews Guerra

OOOHHH REALLY!!



Jeremy Hallam-Baker

"Exploration by real people inspires us."
– Stephen Hawking



Megan Hanlon

A flower does not think of competing with the flower next to it. It just blooms.



Kyle Hanson

Everybody asks where's Waldo, but nobody ever asks how's Waldo.



Marisa Hardy

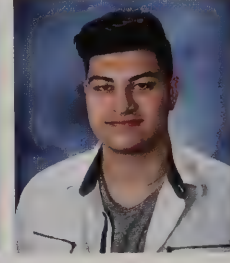


John Harrison



Allison Harvey

I'm not good at advice, but can I interest you in a sarcastic comment?



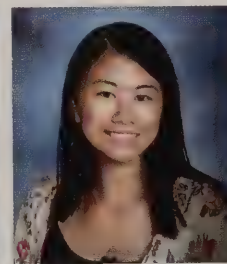
Anthony Hayek

"The streets is cold dawg, like it says in the book, we are blessed and cursed."
– Big Smoke



Ryan Heard

Call me Ryryrah if there's another Ryan around.



Echo Heinze

"If you're stressed out now, just wait until you're in college."
– Mom



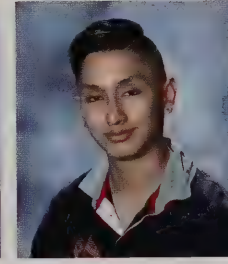
Cadence Higgins

"++ my stummy hurt :(+*"*
– Playboi Carti



Duncan Hilliard

"No, he can't say that."
– MHS Yearbook Club



Santiago Hollingsworth Donadio

"Fall down seven times, get up eight."



Richard Horne

It's just Horn.... the E is silent!!



Henry Howard

Famous among friends.



Nhat Trieu Man Huynh



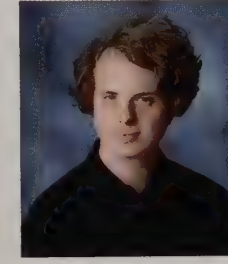
Achileas Iliadis

"Life is just a big bowl of fancy assorted cashews."
– Patrick Star



Mohammed Imran

4 star! MHS



Arden Ingersoll

And from that day forward, any time a bunch of animals are together in one place it is called a zoo!



John Intoppa

Gentlemen please, there is no fighting in the war room.



Deigmar Jacob

Aly Jean-Louis

*I like taking the bus
on the highway.*



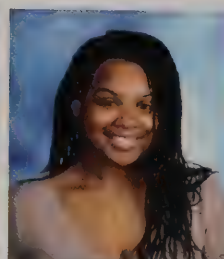
**Rose Biandie
Jean-Mary**

*I have to be
successful because I
like expensive things.*



Jehda Jeanniton

*"I live for the nights I
can't remember, with
the people that won't
forget." – Drake*



Kiana Jeanniton

*Sometimes home isn't
four walls, it's two
eyes and a heartbeat.*



Kayley Jefferson

*Sometimes I wonder
why I won "Worst
Driver"... Then I
remember Kevin
rolling onto the hood
of my car.*



Daniel Johnson

*"The ceiling is the
roof."
– Michael Jordon*



Kaina Joseph



Niamh Keane

*Einstein wants what I
have!!*



Shane Keddy

*It's true that hard
work never killed
anybody, but I figure
why take the chance?*



Asmaa Khalif

I don't have asthma.



Miranda King-Giannino

*If I ever meet my dad
he'll be so proud.*



Matthew Kivekas

Prove People Wrong

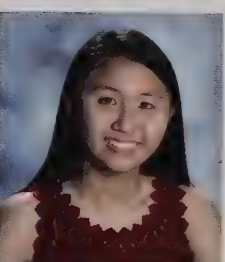


Medjean Labossiere

*Y'all was sentence for
4 years, I turned
myself in for 5. Free
me I'm out.*

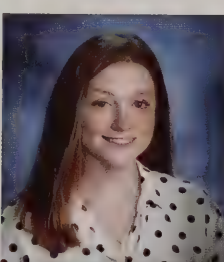


Judemine Lafalaise



Mina Lam

*Go beyond! No
matter what the
challenges are, do all
you can to make your
dreams into reality.*



Christina Lane

*"Want Nothing + Do
Anything = Having
Everything"
– Neil Pasricha*



Nevaeh Larkin

*It's heaven
backwards.*



Anderson Larosiliere

*Don't just focus on
the dream but focus
on the work to get to
the dream*



Peter Laskey

*"Show me your
moves!"
– Captain Falcon*



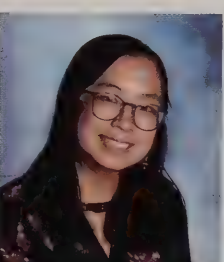
Kekoa Lasko

See ancestry.com.



John Lazzaro II

*"Nothing starts until
you take action."
– Jason Griffith, 2006*



Danielle Le

I'm quark-y. (Get it?)



Aazjanaya Lee

*Ambition is priceless,
it's something that's
in your veins and I
put that on my name!*



Francesca Leggio

*Keep calm,
Seriously? In this
house?*



Steve Lemoine

*Sometimes life is too
uncertain to have
regrets.*



Alexis Lemus

*Every face tells a
story.*



Paul Lessard

*"Let's rip them a new
one boys!!"
- Pauly Pancakes*



Amber Letorney

*"The most important
things are the hardest
to say because words
diminish them."
- Stephen King*



Hillary Ligonde

*They say good things
take time, that's why
I'm always late.*



**Edson Luiz Lima
Siqueira**

*The only straight
thing about me are
my teeth. Thanks to
my braces.*



Natalia Lioeng



Sophie Liu

*If nobody comes from
the future to stop you,
how bad can the
decision really be.*



Marco LoPriore

*Mr. Obama, it's been
an honor.*



Jarmany Louis

*If a man does not
have the sauce, then
he is lost. But the
same man can get lost
in the sauce.*



Jenny Lu

*"I'll leave
tomorrow's problems
to tomorrow's me."
- Saitama*



Mary Kate Lynch

*"Ultimately, I am
responsible for how I
live my life now and
what I make out of it."
- Shania Twain*



Marco MacElhiney

Things go by.



Connor MacFarlane

*"It's time for a
chaaaaaallenge."
- Mr. Milne*



Megan MacGilvray

*"All sorrow is less
with Bread."
- Sign in
Mr. Heinegg's room*



Logan Machado

*School is just for
sports and finding
your true love, I
found mine.*



Makayla Machado

Logan's sister



Haley MacLean

*Due tomorrow? Do
tomorrow.*



Shawna MacNeil

*Ain't nuthin but a
g-thang.*



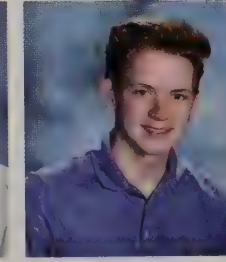
Gianluca Manco

*To all my friends,
once a Mustang,
always a Mustang.*

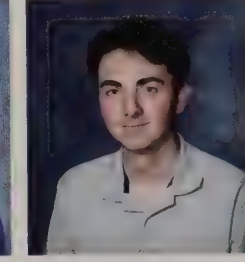


Ryan Mann

*Success comes to
those who are willing
to do what others
won't.*



Jack Manning



Michael Marino



Grace Marotta



Erika Martinez

I wanted to make people feel beautiful so I became a hairstylist in high school. #voc#cosmo



Dennis Martino

We learn from failure, not from success.



Lyndsey Martins

*"Roses are red
Violet are blue
They say it on't be like that
But sometimes it do."
- Unknown*



Monica Mathurin

Dream as if you live forever, live as if you'll die tomorrow.



Angelique Matthews



Hannah Maunsell



Aidan McCabe

*"It is our choice....that shows what we truly are...far more than our abilities."
- J.K. Rowling*



Jenna McCarthy



Brendan McCusker

When are senior quotes due??



Kieran McFadden

*"We can get ice cubes.
Put them in our mouths."
- Chester Turck*



Michael McKillop



Ryleigh McLaughlin

*"What to heck??"
- Billy Ray Cyrus*

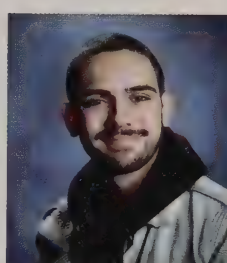


Brendan Meagher

Mask Off

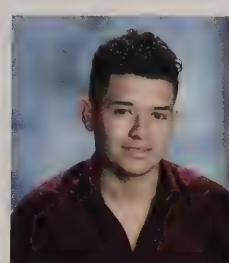


Jake Mecrones



Jeffrey Medeiros

This school is like a jail, but instead of criminals it's filled with kind and amazing people.



Erick Melgar Cruz



Shelove Memeus

Oh sis, that was like two personalities ago.



Francis Mendoza



Lucca Meurer



Haley Miles

High school taught me everything except things I really need to know in life.



Danya Mont-Louis



Marisa Morency

I ain't get no sleep cause of y'all.



Sofia Morgante

"I wish there was a way to know you're in the good old days before you've actually left them."



Matthew Morin

"Do ya like Huey Lewis and the News"? – Patrick Bateman



Milka Mukiri



Emily Murphy



Derek Murray

It's a simulation...peace!



Emily Murray-Doucette

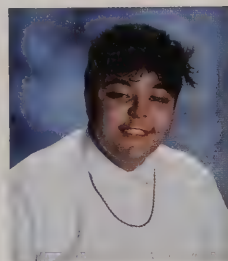


Jonathan Nardella

When you start writing the story of your life the rest is still unwritten.



Max Enly Nazaire



Anthony-Jay Neves

Let's get one thing straight... I'm not.



Nguyen Nguyen



Samantha O'Brien



Daniel O'Donovan

I'm going to invent a time machine then just not use it.



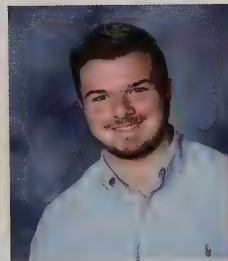
Michael O'Grady

The ability to sacrifice what you are for what you can become.



Emily Ohlson

There are far, far better things ahead than any we leave behind.



Matthew O'Leary

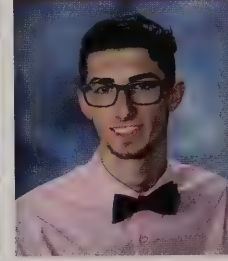
There are seven days in a week. Someday isn't one of them.



Chioma Opara



Nzube Opara



Kyle Pacheco

Thanks to MHS, I learned to right good.



Michael Palmer

What happened to those hand towel dispensers two years ago in the boys' bathrooms?



Nikolas Paolillo

I think I'm big meech, Larry Hoover.



Brian Paone

"Whippin' work, hallelujah" -Rick Ross



Lauren Parziale

The time you enjoy wasting is not wasted time.



Jeffrey Pascal

If I shoot my shot and miss I'ma shoot again.



Samantha Pascal

I try not to laugh at my own jokes, but we all know I'm hilarious.



Jason Pasquariella

"TILL THE BREAK OF DAWN YO!" – Costa



Anika Patten
"oKkUrRRrTt"
 – bacardi



Christopher Pawliuk
*"I may be a senior,
 but I stay fresh man."*



Kayla Payen
*"I can tell you're
 wearing makeup."
 Good, it's expensive.*



Gerry Pellegrini
*Long nights, High
 flights, Lots of sights
 – Captain58*



Nathaniel Pereira
Dueces.



Petrus Pereira
*Spend your lifetime
 seeking what it all
 means to you.*



Wemerson Pessoa
*Nothing in this life is
 impossible for me.*



John Phillips



Chloe Pina
*Life happens. Adapt.
 Embrace change, and
 make the most of
 everything that comes
 your way.*



Giordano Pintone
*"Don't cry because
 it's over. Smile
 because it
 happened."
 – Dr. Seuss*



**Zachary
 Prestigiovanni**
*This is how you spell
 my last name,
 Prestigiovanni, and
 this is how you say it
 (Prest e geo vann e).*



Philemon Prodocimo



Isandra Pupo



Cameron Quinlan
Issa wrap.



Tyson Rainho
*"Here We Goooooo."
 – Max Ryan*



Zachary Reed-Khan
*If it ain't foreign, it's
 boring.*



Sergine Remy
*Who kneels before
 God, will stand
 before anyone or
 anything!*



James Ricciardi
Good Sneezner.



Jacob Ritchie
*"Cut your hair."
 – Everyone for four
 years*



Teda Rodney
*"It's how you deal
 with failure that
 determines how you
 achieve success."
 – David Feherty*



Hannah Rogers
*Use every unwanted
 interaction as an
 acting exercise.*



Cameron Ronzano
*No one ever drowned
 in sweat" – United
 States Marine Corps.
 Would you like to join?*



Mikhayla Rothermel
*"Treat People With
 Kindness."
 – Harry Styles*



**Abdel-Malik
 Sadeddin**
*My big nose brings
 all the girls to the
 yard. #peck*



Makenley Saint-Cyr



Kenza Sallama

*Fai quello che ti dico
di fare, non fare
quello che faccio.*



Zoe Salvato-Cutter

*"I too am not a bit
tamed - I too am
untranslatable."
- Walt Whitman*



Isabella Sanchez

*if your girlfriend flirts
with me, ima flirt
back.*



Anylah Sanon



Joshua Santos

No Cap.



Laysa Santos

*"She is clothed with
strength and dignity
and laughs without
fear of the future."
Proverbs 31:25*



Joseph Sargent

*"Be excellent and
party on dudes."
- Abraham Lincoln*



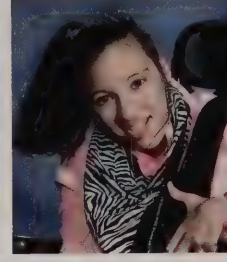
Nicholas Scafidi

*"Here's to four
miserable years on
the wagon and all the
irreparable harm it's
caused me."
- Jack Torrance*



Joseph Schmidt

*"I suppose it will all
make sense when we
grow up." - Calvin*



Allison Scinicarello



Julia Serra

*The best defense is a
good defense.*



Anthony Sforza

*I once pitched Dustin
Pedroia and threw my
arm out.*



Maha Shafiq

*They did surgery on a
grape.*



Ashley Sheehan

*Secrets don't make
friends.*



Matthew Sheehan



Caitlin Sheehy

*Not all goodbyes are
sad.
Ex: Goodbye, school.*



Aidan Sherry

*Would I rather be
feared or loved?
Easy. Both. I want
people to be afraid of
how much they love
me.*



Julia Silva

*Work until you no
longer have to
introduce yourself.*



Monica Silva

*What's done is done,
no going back now.*



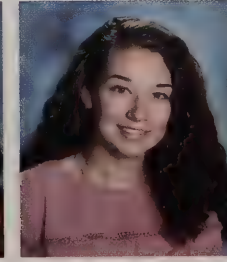
Morgan Simco

Live Free or Die.



Kimberly Sinthara

*I'm not great at
senior quotes. Can I
interest you in a
sarcastic comment?*



Meghan Smith

*I have no idea what
I'm doing, but I know
I'm doing it really,
really well.*



Jaylei Snively



Laura Solferino



Paola Sousa

Believe nothing you hear, and only one half that you see.



Isabella Southwick

"Promise to get a little better as I get older." – SZA



Winston Standeven

My dogs taught me everything I need to know: be brave, be happy, and love without limits. Thank you bears.



Justin Steriti



Corey Stinson



Jasper Su

*Me: "I'm colorbli..."
Them: *points at object* "WHAT COLOR IS THIS!?!"*



Jenna Sullivan

*"Sometimes you just have to high five yourself."
– My Bubbie*



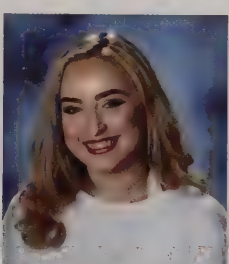
Robert Sullivan

High school was easy, like riding a bike...into a wall of fire!



Eric Sweeney

Will you make it? Was it worth it? Did he win? Will he survive the Rodeo?



Jessica Taddeo

Eat the rich



Emily Tan

Graduation button? Smashed. Diploma? Obtained.



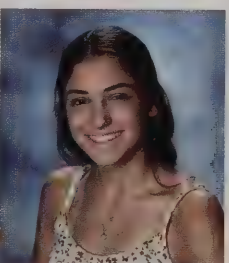
Annabelle Tang

*"Be myself.' What kind of garbage advice is that?"
– Jake Peralta, B99*



Nafisa Tanzeem

I am..... so confused!



Leanna Tassinari

To my sweet angel Nonni, for always being with me from heaven.



Kevin Taylor

It's okay to be scared of your problems. Run if you need to, but always return.



Lekha Tevari

"I want to ride my bicycle." – Queen



Hunter Tognarelli

*"How'd he graduate?"
– All of my teachers*



Eliza Toledo

College is hard but not as hard as life without a degree... I just have to keep telling myself that.



Zachary Trainor

Ignorance is bliss.



Alexandra Trio

Name a more iconic trio.... I'll wait.



Kylie Truong

Formally known as the walking Nike advertisement.



Jillian Ulanday

My last name isn't "Billy"...



Ximena Valderrama Cano

X marks the spot.



Kayla Valme

I stopped caring a long time ago.



Arune Vickneswaran

"The hardest choices require the strongest wills." – Thanos



Abigail Vigliotte

I'm actually not funny, I'm just really mean and people think I'm joking.



Isabella Vilar

I've learned from the bad and was humbled by the good. Thank You for all the great life lessons.



Jason Vo

Do you want a Tic-Tac?



Wendy Vong

I get butterflies when I think about myself.



Christopher Walsh

*"Shine on you crazy diamond."
– Pink Floyd*



Christopher Watson Jr.

Why hit the top to go right back to the bottom.



Benjamin Whalen

What a strange and mysterious journey it's been in Branley's garage.



Mya Winslow

*"You miss 100% of the shots you don't take. – Wayne Gretzky" – Michael Scott"
– Mya Winslow*



Katorah Wise

Who gon check me though... EXACTLY.



Justin Wu

I'll see wu later.



The assembly featured, among other things, an African fashion show, spoken word poetry, a dedication to West Medford, and African American music from 1919 to 2019. It was an inspirational event that recognized and celebrated Medford High School's diverse student body, and taught many students about a history they may not have been previously aware of. As the 2018-2019 school year comes to an end, the Black History Month Assembly will be remembered and carried into the legacy of MHS.

On Monday, March 11, 2019, MHS held a school-wide assembly to pay homage to Black history and culture, and to celebrate Black History Month. Under the leadership and encouragement of assistant principal Dr. Stacey Mulligan, the Diversity Empowerment Movement, and the Black Student Union, Medford High students came together to produce an inspirational and memorable event. Special guests included Superintendent of Schools Dr. Marice Edouard-Vincent; Afro-Cuban drummer Tony Fonseca, MHS class of 1972; and Neil Osborne, the city's Director of Diversity and Inclusion.

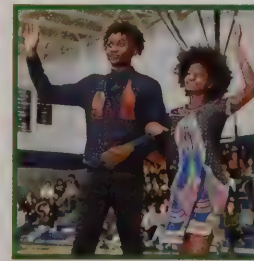
BLACK HISTORY MONTH CELEBRATION ASSEMBLY



Students involved in the Black History Month Celebration Assembly

"We had a lot of fun putting the whole thing together in the time that we had. We're all really happy it was received so well." -Edwins Basile

"The day of the Black History Assembly will definitely be one of my fondest memories of Medford High. Black students were brought together in love and appreciation of our culture and community like never before in MHS history." -Nadia Farmer





2019 Mr. MHS Winner
Daniel O'Donovan



Students & Staff Behind the Scenes!

Choreography: Haley DiPietrantonio

Crew: Izaak Beusmans & Lauren Parziale

Hosts: Marco MacElhiney & Haley DiPietrantonio

Judges: Mr. Tower, Ms. Simpson, & Mr. Skerry

Lights: Erin Diskin, Niamh Keane, & Jenna Agnone

Photography: Jacqueline Zantos

Publicity/Ticket Sales: Lauren Brown, Ava Dawley, & Narmene Bensaber

Sound: Mary Kate Lynch, Adriana Barbosa, & Brenna Forbes

Video Production: Maya Gomez-Coultas

Special thanks to Mr. D'Alleva & Mr. McLaughlin! This show would not be possible without you!

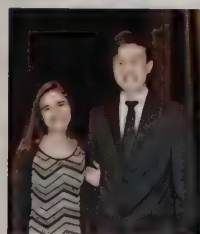
Mr. MHS

Wacky costumes and goofy dancing has been a long tradition at Medford High School. Mr. MHS is a pageant open to all seniors in the class of 2019 that highlights the best of the best in Medford. The pageant is divided into seven parts: the opening number, formal wear, opening video, swim wear, individual and combined acts, question and answers, and voting. After each event, judges had the opportunity to share their thoughts and opinions to the audience, leading up to the voting portion of the production. The audience also had an opportunity to participate in the voting process by cheering for who they thought should win at the end.

Tickets were sold for \$10 each in an effort to raise a goal of \$5,000 for an important fundraiser that would help the value of education in Baltimore. Michael Palmer, Joseph Sargent, Haley DiPietrantonio, Nathaniel Pereira, and Daniel O'Donovan had a mission to raise money for school supplies to donate to Frederick Elementary School in Baltimore, Maryland. This service learning project not only put on one of the best Mr. MHS productions in Medford, but also set an example for underclassmen to strive for excellence. #DoMore!

"Thank you to everyone who came out to support Mr. MHS and thank you to the cast for dedicating time into this great event!" - Haley DiPietrantonio

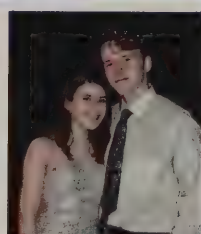




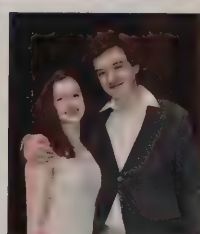
Justin Wu
& Allison Harvey



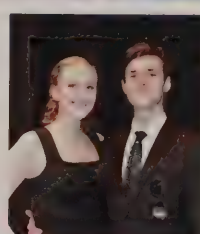
Brendan McCusker
& Mikhayla Rothermel



Kieran McFadden
& Francesca Leggio



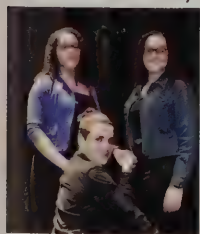
Aidan Donovan
& Mya Winslow



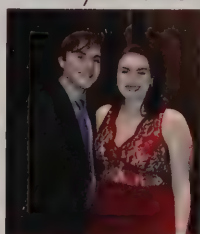
Connor MacFarlane
& Cadence Higgins



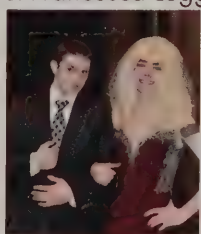
Kevin Casey
& Kayley Jefferson



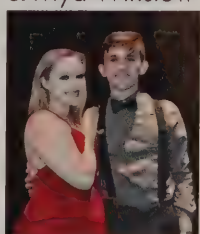
Edson Luiz Moura Siqueria
& the Dossantos Twins



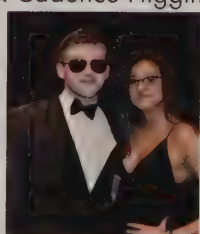
John Intoppa
& Sofia DiMeo



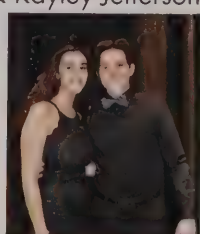
Daniel O'Donovan
& "Harriet" Creamer



Brendan Meagher
& Jessica Taddeo

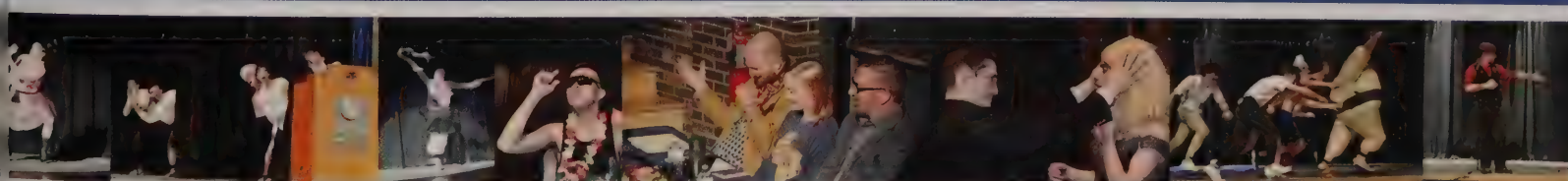


Dillon Bombino
& Isabella Sanchez



Michael Palmer
& Miranda King-Giannino

Mr. MHS Contestants & Escorts





The last summer of high school..

Summer of 2018



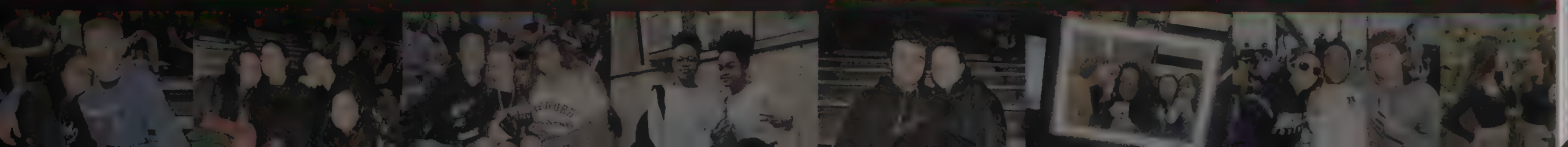
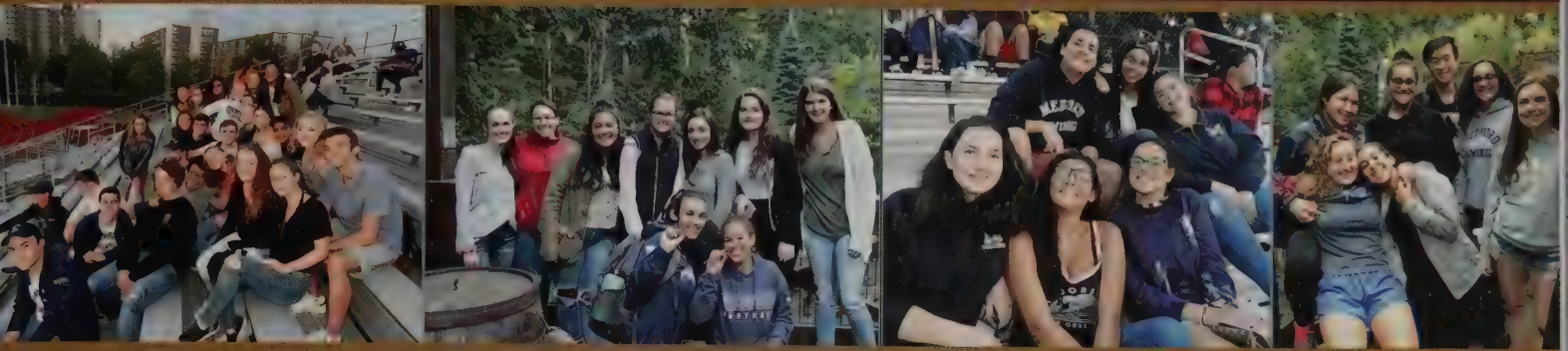
Radio Hit List

"Mo Bamba" by Shrek Wex
 "Sunrise, Sunburn, Sunset" by Luke Bryan
 "Back To You" by Selena Gomez
 "Boys" by Lizzo
 "This is America" by Childish Gambino
 "Psycho" by Post Malone
 "Cry Pretty" by Carrie Underwood
 "No Tears Left To Cry" by Ariana Grande
 "In My Feelings" by Drake
 "Plug Walk" by the Rich Kid
 "Lucid Dreams" by Juice WRLD
 "Nice For What" by Drake

Hot Spots of 2018

Monkey King Tea: Malden, MA
 Assembly Row: Somerville, MA
 Nahant Beach: Nahant, MA
 North End: Boston, MA
 Faneuil Hall: Boston, MA
 Papa Gino's, Medford Square
 Mr. Crope, Davis Square
 Tenoch: Medford, MA
 Newbury Street, Boston
 Jim's Market: Medford, MA
 Canobie Lake Park: Salem, NH
 CB Scoops: Medford Square





Overall 14-3-3
 League 10-1-3
 National Rank 796
 State (MA) Rank 37
 Win % .775



Once a Mustang, always a Mustang.

FEATURING THE
 SENIORS



Tyson Rainho, Goalie



Joseph Schmidt, #2



BOYS' SOCCER



Opponent	Score	Win/Lose
Xaverian Brothers	5-3	W
Revere	5-5	T
Beverly	4-0	W
Somerville	1-4	L
Danvers	6-1	W
Ludlow	0-1	L
Swampscott	5-3	W
Marblehead	7-2	W
Peabody	4-0	W
Revere	1-1	T
Beverly	4-1	W
Somerville	2-2	T
Danvers	2-1	W
Lowell	3-2	W
Swampscott	2-1	W
Marblehead	4-0	W
Lowell	6-1	W
Peabody	4-3	W
Peabody	3-2	W
Acton-Boxborough	4-0	L

"This season was one of ups and downs, and while we didn't achieve our ultimate goal to win a state championship, it was a wildly successful year with the soccer team having the best regular season record in the last 14 years. We had a great group of seniors who were willing to put the team first, and their contributions to this program will be felt for years to come." - Coach Petrides



Joshua Santos, #21



Christopher Pawliuk, #12



Kekoa Lasko, #20



Zachary Prestigiovanni, #17



"Losers quit when they're tired. Winners quit when they've won." - The Unthinkable



Seniors



Sofia Bendok

"I think my favorite memory from soccer is the bus rides after a game. No matter if we won or lost we still blasted our favorite songs, singing and dancing to all of them, played games and just had smiles on our faces. I think it shows how close we all are and how strong our team is despite having a fairly difficult season."



Kayla Dell'Anno

"From being on varsity for three years, I've learned the value of being a part of a team. Soccer was a way to connect with new people and build friendships that only grew stronger as the season progressed."



Lyndsey Martins

"Being on varsity for all four years of my high school career was such an amazing experience. Everyone was so welcoming and they felt like my second family. Time goes by way too quick and it's sad to leave everyone. I would like to thank anyone who has helped me through my soccer career to get me where I am today."



Isabella Sanchez

"Being able to play for this team for the last four years is what made my high school experience so great. I met the best people and the memories I've made are something I'll never forget. If I were to give any of the girls advice, it would be to make your own mark and leave a legacy that new players will remember and that the league will never forget."



Leanna Tassinari

"My advice: Every time you play, be thankful that you get to do something you love and play like it's the last time you ever step onto the field. Play for your team and play for yourself. Work hard every chance you get because high school goes by faster than you think. After four unforgettable years, a sport so dear to your heart can turn into a memory you'd do anything to relive one last time."

Girls' Soccer 2018

Season Highlights

Despite battling a difficult season, the girls on this year's team showed great determination, focusing on improving with each passing game.

This year's co-captains were **Lyndsey Martins** and **Isabella Sanchez**, two exemplary leaders for the team. Coach Allison Colson describes them as great leaders on-and-off the field, always pushing their teammates to never give up and do their best.

Kayla Dell'Anno, **Sofia Bendok**, and **Leanna Tassinari**, the other seniors on the team, additionally serve as great examples, motivating the younger players and bringing enthusiasm to the field.

Through the challenges this season brought to them, the team remained strong and hardworking, fighting to do as best as they could.



Fall 2018 Team

Machel Klein, Taheisha Joseph, Audrey Soule, Maqueline Madigan, Astrid Erickson, Amy Orcutt, Sophie Metais, Emma Burke

Hiera Lappin, Mackenzie Patterson, Annabelle Bolitho, Laurel Baxter, Ava Heinegg, Ava Randazzo

Leanna Tassinari, Kayla Dell'Anno, Cpt. Isabella Sanchez, Cpt. Lyndsey Martins, Sofia Bendok



Mustang Football Cheerleading

After interviewing two senior Mustangs after the Pink Out game, these were their take aways of the season.

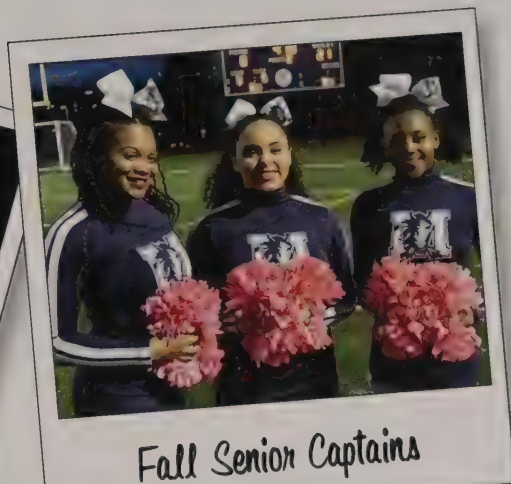
"We have our ups and downs, but at the end of the day we are a family and we love each other forever. We have strived and we have crumbled, but we pull through to make the team as a whole come together." - Ami Carrasquillo

"We've been through hell and back. I couldn't have done it without my team. They've become my second family, and I'll miss them all so much." - Jehda Jeannington





Wait for the moment...



Fall Senior Captains

"Mustangs... Here We Go!"



Fall 2018



One Team, One Dream





Erin Diskin



Giordano Pinione



Connor MacFarlane



Mary Kate Lynch



Izaak Beusmans

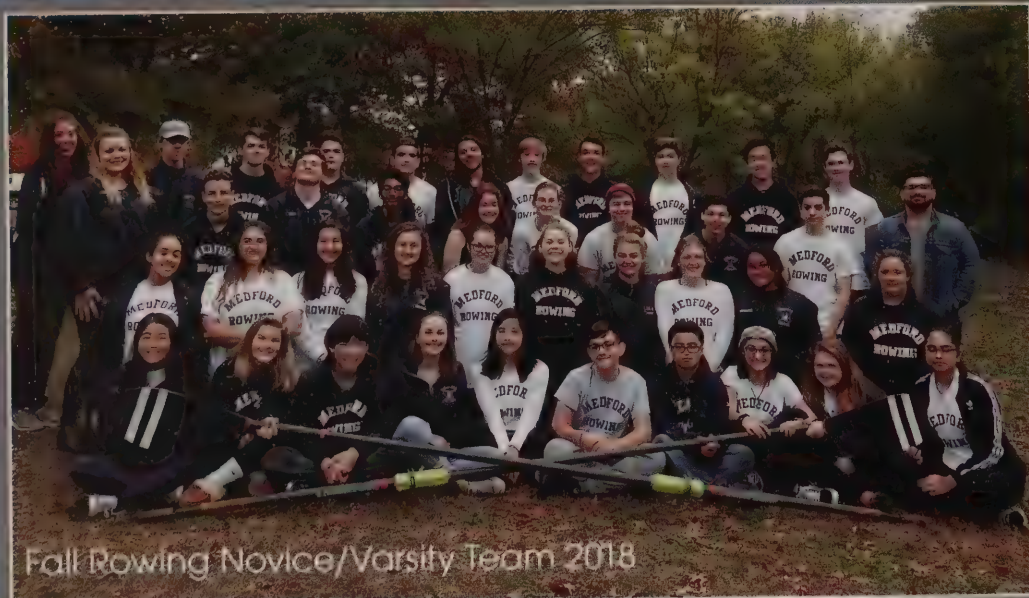


Hannah Chan

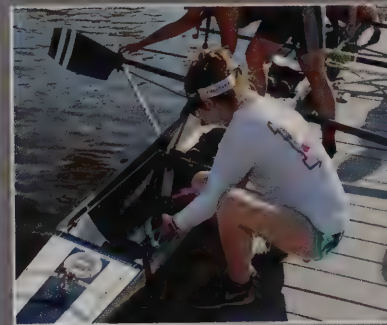


Maya Gomez

Fall Rowing



Fall Rowing Novice/Varsity Team 2018





Abby Brady

Jason Vo

Narmene Bensaber

Ava Dawley

Justin Wu

Emily King

Lucy Fanning



"The coaching staff and I would like to congratulate and thank the graduating seniors on the rowing team for your hard work and dedication during your time with Medford Rowing. Over the past four years, I have watched you all grow from young athletes, eager to learn, into the young men and women that lead by example that you are today. The impact that you have had on your teammates, the program, the community, and your coaches will not soon be forgotten. Coming to practice with you every day for the past four years has been a joy, knowing that the rowers from the class of 2019 have been a group dedicated to continually improving for the program, your teammates, and yourselves. Thank you all for your boundless determination, tireless efforts, and the great sportsmanship you have displayed over the past four years. Congratulations to the class of 2019, and know that wherever you go, you will always have a home with Medford Rowing."

- Coach Dello Russo



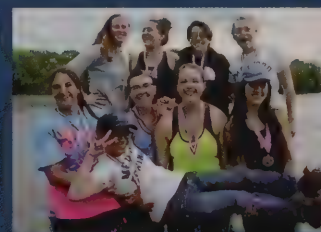
Class of 2019 Rowers



"I liked crew up until the point where I had to take an erg test."
- Narmene Bensaber



"Painting oars is much harder than you'd think!"
- Mary Kate Lynch



Fall Rowing 2016



"Why do I miss crew right now?"
- Erin Diskin



"It was the best of times, it was the worst of times." - Connor MacFarlane



Halloween Dress Up



CROSS COUNTRY

The 2018-2019 Medford High cross country team gave it their all this season. This year's season not only demonstrated the growing strength of the team, but also the close bond of all the runners. Led by coaches Lou Ruggerio and Tom Lynch, the team attained multiple wins against Gloucester, Winthrop, Somerville, and Salem.

2018-2019 Boys' Cross Country Team



2018-2019 Girls' Cross Country Team



SENIORS



Capt. Lauren
Brown



Capt. Willa
Driscoll



Capt. Zoe
Salvato-Cutter



Capt. Duncan
Hilliard



Capt. Jacob
Ritchie



Brenna
Forbes



Julia
Galebach



Kayley
Jefferson



Echo
Heinze



Megan
MacGilvray



Abigail
Vigliotte



Darwin
Do



Jack
Lazzaro

GO MUSTANGS!



FOOTBALL



"Get the feet going!"
-Captain Mateo Aredes

"Sacrifice what you got for what we need."
-Captain Keith Barrasso



"If you know, you know."
-Captain Gerry Pellegrini



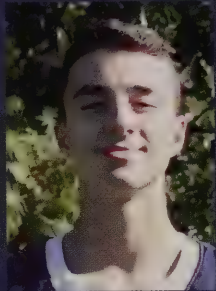
"Strength comes from your work ethic, not by the way you're being perceived."
-Captain Anderson Larosiliere



McDave Clenord



Wede Desir



Logan Machado



Thiago Andrade



Kyle Pacheco



Anthony Sforza



Joel Disla



Nathan Brand



Jarmany Louis



Michael O'Grady



Jeffrey Pascal



Jeremiah Burne



Xavier Chevy



Steve Lemoine



Matthew Guerra



Gianluca Manco



Matthew O'Leary



Deivid Demo



Dennis Martino



Dillion Bombino



JV Fernandes

"This class of seniors is one of the most tight-knit groups I've ever coached - just an unbelievable group. They're leaving the program better than what it was when they started, and I'm very thankful to have had the opportunity to coach them. I wish them all the best of luck."
- Coach Jay Nascimento



"Over the past 8 years, there have been many talented players who have come through our program. I can honestly say that this team has been the most talented, top to bottom, since I have coached in Medford. It has also been a pleasure to have such a dedicated and BIG offensive line."
- Coach Craig Drauschke

Thank you, Coach Nascimento, for all of your hard work and dedication these past 10 years. We greatly appreciate how much you have helped the program grow. We wish you the best of luck in your upcoming chapters of life.



'Once a Mustang, Always a Mustang!'

GOLF



Ryan Ciarlone

"It's a gentleman's sport."



James Ricciardi

"If you hit this putt, I'll buy you a large cheese."

- Coach Dyer



Daniel O'Donovan

"Live free or Dyer."



Henry Howard

"The whole experience was very exciting and it was a great learning experience."

Featuring the Senior Captains



We interviewed Justin Truong (Class of 2021) on how the senior captains impacted his golf experience.

"One of the most needed feelings as an underclassman in 2017 was the feeling of comfort. Coming into high school was one of the most frightening moments of my life. When I joined one of the most devoted teams at Medford High, the golf team, all I asked for were good teammates to help guide me through the tough times. These upperclassmen did in fact give me what I needed to go through and continue with high school. They gave me confidence, comfort, and courage."



"The varsity golf team is extremely young and inexperienced, so we have had an up and down year. I want to thank our four seniors for their dedication and hard work in showing the younger players how to be gentlemen and how to compete at the high school level: James Ricciardi, Henry Howard, Danny O'Donovan, and Ryan Ciarlone."

- Coach Ray Dyer



From Left To Right: Justin Truong, James Ricciardi, Henry Howard, Coach Dyer, Daniel O'Donovan, Ryan Ciarlone, Nicholas Seccareccio, & Colin Bailey.



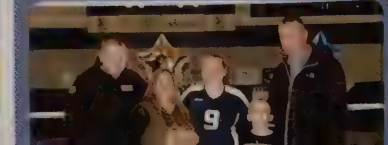
Top Row: Trent Mullen, Liam Cullinane, Christopher Dzioba, & Coach Dyer
Bottom Row: Justin Truong, James Ricciardi, Daniel O'Donovan, Ryan Ciarlone, & Henry Howard





Volleyball

"You can go to any school in the country and say you were a four year athlete, or you can go to Medford High School and be a Mustang for life."
- Coach Taylor Dyer

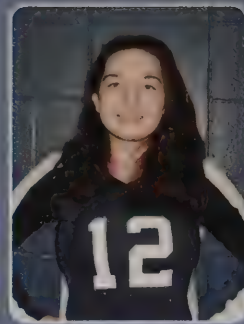




The fall 2018 team consisted of: Renata Del Vecchio, Ashley Sheehan, MaKenzie Eisnor, Ximena Valderrama, Grace Galvin, Talia Ritchie, Unice Lampong, Aniya Crump, Cadence Higgins, and Daria Agrba.

These Lady Mustangs had Coach Taylor Dyer lead them to many victories over the past four years at Medford High School.

The captains for the season were Cadence Higgins and Daria Agrba.



Daria Agrba



Cadence Higgins



MaKenzie Eisnor



Ashley Sheehan



Ximena Valderrama



"Serve with the fire of 1,000 dragons." - Coach Taylor Dyer

A SNEAK PEAK INTO

Only the toughest New Englanders can survive the winter! From twelve inches of snow to two degrees or below, a winter day, these Mustangs can handle it all!



NEW ENGLAND WEATHER

Seniors had the opportunity to have one last holiday breakfast with their peers on December 21, 2018, and they enjoyed a senior winter ball on January 25, 2019.



Captains

"I get buckets."

-Kester Dorestant, #1



"Literally try so hard.
Not that good, but just
try sooo hard."

-Daniel O'Donovan,
(The Danimal) #5



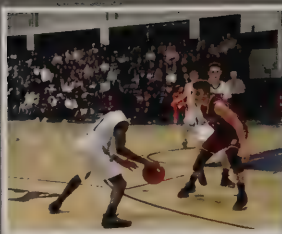
"I would like to dedicate
my success during the
past four years to my
teammates and coaches. I
wouldn't trade them for
anything."

-Ryan Cafferky, #33



(Top Row) Jeremiah Mamousette #0,
Kester Dorestant #1, Riley McBrine #11, Tevin
Cadet, #25, Michael Murphy #4,
Ryan Cafferky #33, Adian Barry #10

(Bottom Row) Daniel O'Donovan #5,
Osiris Wise #23, Alex Valera #12, Alex Milas
#24, Harrison Creamer #3, Luther Bellanton #2



Senior Year Highlights

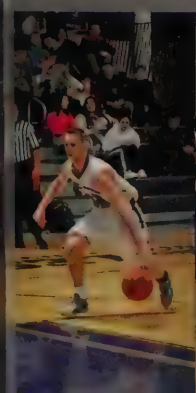


Medford Mustangs Boys' Basketball



A Word From Coach Skerry

"A senior point guard, Cafferky has been a staple on the varsity roster all four years, earning a starting spot his sophomore season. Kester is the fastest player I have ever coached. Dan is the ultimate dirty work kind of player. Tevin's best attribute might be his vision and his passing. Harrison is a combo guard who has shown a lot of improvement."



2019



Capt. Kayla Dell'Anno



Carmen Diorio



Isabella Sanchez

Captains



"We worked really hard in the off- season and even though this season didn't go our way, we played hard and we are good at everything we do!"

- Capt. Kayla Dell'Anno #3

"Thank you for a fun four years. I'll miss you all!"

- Carmen Diorio #2

"This was the best group of girls I have ever played with and I'm happy I was able to spend four years with them."

- Isabella Sanchez #15

"Four amazing years with one amazing team."

- Ashley Sheehan #30

"I can't thank these girls enough for four extremely memorable winter seasons."

- MaKenzie Eisnor #55

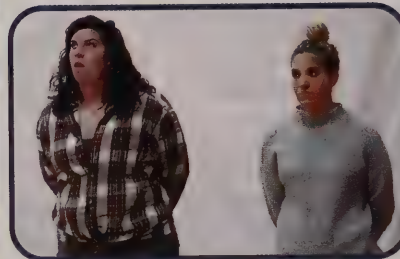
"I'll miss playing with such a supportive team."

- Ava Dawley #11

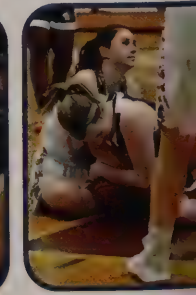
"I'm incredibly proud of how hard these girls worked. They give 110% everyday. Our bond off the court resonates on the court."

- Capt. Jackie Madigan #23

"It's a marathon." - Coach Burke



"I'll always have your back." - Coach Burke





Ashley Sheehan



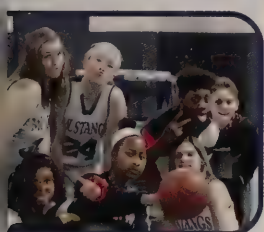
MaKenzie Eisnor



Ava Dawley

Seniors

"The pass is just as good as the shot." - Coach Burke



(Left-Right) Ashley Sheehan, Isabella Sanchez, Katherine Joslin, Sarah Bien-Aime, MaKenzie Eisnor, Jacqueline Madigan, Dawn Eisnor, Amy Orcutt, Ava Dawley, Carmen Diorio, Kayla Dell'Anno, Nicole Mann, Shaccera Young
Coached by Head Coach Leo Burke and Assistant Coaches Ashley DeLarsa, Carla Andre, and Ricky Avenell.



"Defense is played with heart."
- Coach Burke

Boys' Varsity Hockey

Right Wing

Ryan Mann and Ryan Ciarlone

Center

Thomas Connearney and Malachy Donovan

Left Wing

Cole Brennan and Brian Paone

Defense

Matthew Kivekas and Henry Howard



Howard
14



Paone
11



Mann
6



Conearney
4



#22 Matthew Kivekas

"Some advice for incoming freshman hockey players is to always be a leader and show that on the ice. Leadership is one of the most important parts of a team and will show on and off the ice."

Class
of
2019



Henry Howard



Malachy Donovan



Matthew Kivekas



Ciarlone

21



Brennan

8



Kivekas

22



Donovan

13



2018-2019 Captains



Ryan Ciarlone



Brian Paone



Cole Brennan



Ryan Mann

#6 Ryan Mann

"The reason why I play hockey is because it is truly a team sport and it takes everyone on the team, no matter what role they serve, to be successful. When a team does have success, you really have an appreciation for all the hardwork that everybody put in."

VARSITY GIRLS' HOCKEY

2018-2019 CAPTAINS



The team would like to dedicate their season to John Welch, who sadly lost his battle with ALS this past December. John was a loyal presence at LoConte Rink for many years. He was a familiar face to the seniors, supporting them since they began their hockey careers with Medford Youth Hockey. John will truly be missed.



"Just Do It"

Class of 2017



"Being a part of the hockey team since eighth grade has taught me teamwork, perseverance, leadership, and family. But most importantly, once a Mustang, always a Mustang."

Brenna Forbes



"Playing hockey was the best time of my life. My teammates are friends for life. I learned to always work hard, play hard, and have fun!"

Caitlin Sheehey



"Most people are part of a team; I am part of so much more. From the coaching staff, parents, and my teammates we are a family. We have played together since childhood and always play our style of hockey."

Abigail Vigliotte

"Teams are families. With 3 sets of siblings this season, our team is really our family!"

It has been a privilege to watch this group of seniors develop into fine young ladies...on and off the ice. They have maintained the ideals of what being a Mustang means and have left their mark on this program.

Integrity and character is the foundation to our team's confidence, pride, and success."

-Coach Forbes

right>> Sofia Bendok during one of her last high school gymnastic meets.

below>> Coaches Stephanie, Nicole, & Colleen



above>> From left to right: Jillian Brady, Erin Leahy, Sofia Bendok, Nicole Joyce, Maggie Sheehan, Julianne D'Orazio, Hannah Creamer, Jillian McEleney, & Meghan Sullivan



"I have been a part of this team since freshman year and I have been doing gymnastics since I was six, so this sport and team will always be important to me. I loved being co-captain the past two years and I'm going to miss this team a lot." - Sofia Bendok

Got Gravity?
We don't!

GYMNASTICS



above>> Nicole Joyce, Meghan Cafferky, & Sofia Bendok getting ready for a home meet.

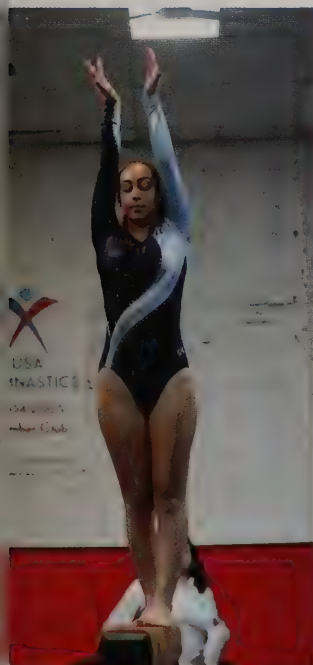
left>> Meghan Sullivan on the bars during the 2017-2018 winter season.

[**Jump off the beam, flip off the bars, follow your dreams, and reach for the stars.**]

A. Jillian McEleney, Class of 2020
B. Meaghan Sullivan, Class of 2020
C. Erin Leahy, Class of 2022



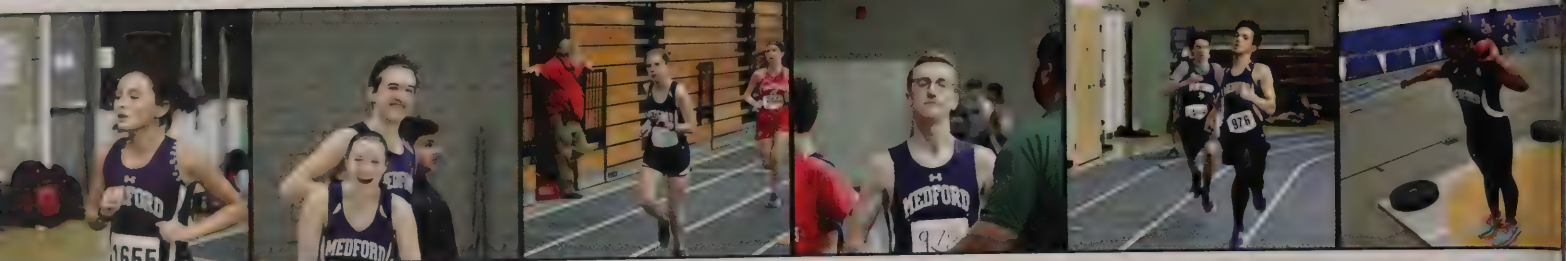
D. Nicole Joyce, Class of 2020
E. Jillian Brady, Class of 2020
F. Sofia Bendok, Class of 2019



above>> Co-captain Sofia Bendok competing on the beam during an away meet.

"Leading the way for Medford in the winter of 2018-2019 season are second year co-captains Sofia Bendok and Julianne D'Orazio. A senior, Bendok specializes in both the vault and beam. A junior, D'Orazio has been known to deliver on the beam, floor and vault. They front a squad that features returning letter-winners Meaghan Sullivan, Nicole Joyce, Meghan Cafferky, Jillian McEleney, Ava Mastrocola, and Jillian Brady. Sullivan and Joyce were staples at the all-around last season. A fixture on the floor, McEleney also has the potential to flourish as an all-arounder as well. They are joined by six newcomers to the squad, being Erin Leahy, Hannah Creamer, Amanda DiPaola, Samantha Kizuka, Maggie Sheehan, and Kathleen Zane." - Coach Colleen Small

above>> Captains Sofia Bendok and Julianne D'Orazio



INDOOR



GIRLS' CAPTAINS

SPRINTING: Megan MacGilvray

MID-DISTANCE: Sophie Metais

DISTANCE: Lauren Brown, Zoe Salvato-Cutter

HURDLES: Mya Winslow

SHOTPUT: Nzube Opara

SENIORS

Track coaches Jack Dempsey, Tom Lynch, and Joe Donlon led this year's track team to success. This talented group of seniors, the largest group the track team has seen in several years, were leaders that demonstrated hard work and determination.



Gaelle Charles



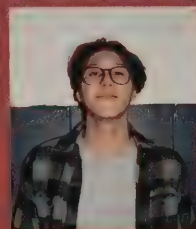
Echo Heinze



Kayley Jefferson



Asmaa Khalif



Leandro Aredes



David Bacon

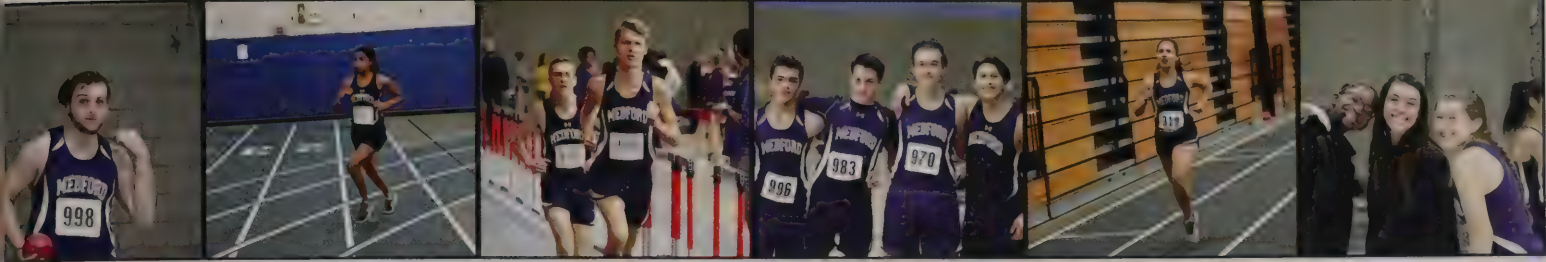


Lauren Brown



Dillon Bombin





TRACK



BOYS' CAPTAINS

SPRINTING: Leo Bruce, Tristen Howard

DISTANCE: Duncan Hilliard

SHOTPUT: Nicholas Ranney



Mina Lam



Megan MacGilvray



Nzube Opara



Zoe Salvato-Cutter



Eliza Toledo



Mya Winslow



Leonardo Bruce



Aidan Donovan



Jaiden Glass



Duncan Hilliard



Chris Walsh



Justin Wu





FRESHMAN YEAR, 2015-2016



SOPHOMORE YEAR, 2016-2017



Izaak Beusmans
100 Freestyle
200 Freestyle Relay
400 Freestyle Relay



Lia BenDaniel
50 Freestyle
200 Freestyle Relay
400 Freestyle Relay



Abigail Brady
200 Medley Relay, Fly
100 Butterfly
100 Backstroke



Pema Choejung
50 Freestyle
200 Freestyle Relay

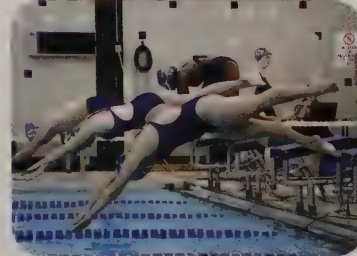


Maya Gomez-Coultas
200 Medley Relay, Fly
200 Individual Medley
100 Butterfly
400 Freestyle Relay

IN THE FAST LANE...

The Medford Mustangs have made unbelievable progress for Medford over the past ten years in the making. Back in 2015, the team took in their first victory in 8 years, sinking Somerville with a score of 92-87. Just a year before, in 2014, the team consisted of 14 swimmers, but as time progressed the number of swimmers joining increased. The numbers show this, as the 2017-18 team has 34 strong swimmers representing Medford, ending with a 8-2 winning record. Throughout the whole season, the Class of 2019 seniors took full responsibility and were engaged in making sure everyone was cheering for their teammates, working to their hardest potential, and having a good time through it all.

With practice six days a week (Sunday through Friday), these Mustangs really know how to push it. From a warmup of a 200 yard kick, pull, swim to running ten laps in the MHS gymnasium, these swimmers trained hard all season long, and it paid off in the end.

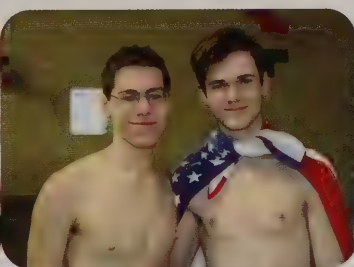




JUNIOR YEAR, 2017-2018



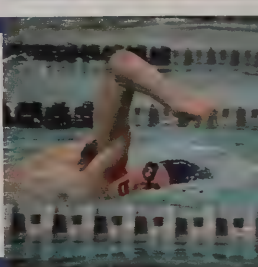
SENIOR YEAR, 2018-2019



Shawna MacNeil
200 Medley Relay, Back
200 Individual Medley
200 Freestyle
100 Backstroke
400 Freestyle Relay



Connor MacFarlane
100 Freestyle
50 Freestyle
200 Freestyle Relay
400 Freestyle Relay



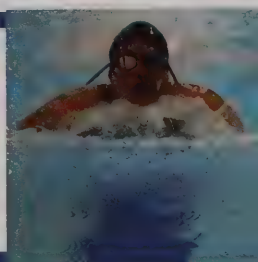
Monica Silva
50 Freestyle
100 Backstroke



CO-ED SWIMMING!!!

Leading the final season were nine battle-tested senior captains. Swimmers such as Shawna MacNeil, Maya Gomez-Coultas, and Abigail Brady have been on the team since eighth grade. Just a year later Kylie Truong, Monica Silva, Pema Choejung, and Lia Bendaniel joined and contributed to the team significantly in their freshman year of high school. Izaak Beusmans joined sophomore year and Connor MacFarlane junior year, both making their mark as the only senior boys on the team. All of them have worked hard and proved this throughout their career in Medford High Varsity Swimming.

Kylie Truong
200 Medley Relay, Fly
200 Individual Medley
100 Butterfly
200 Freestyle Relay
400 Freestyle Relay



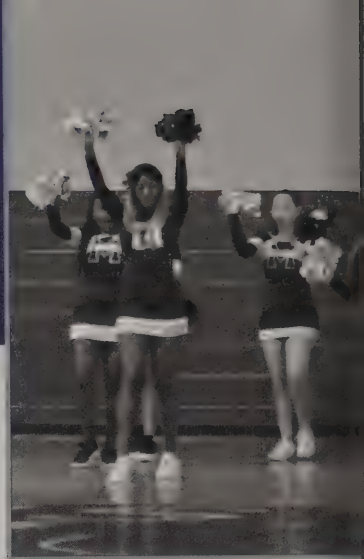
SENIOR CAPTAINS
& THEIR EVENTS OF THE LAST SEASON
*ALL EVENTS ARE IN BOLD

WINTER CHEERLEADING

"SOMETIMES, WHEN
THINGS ARE FALLING
APART, THEY MAY
JUST BE FALLING INTO
PLACE." -COACH
MARIAH VASQUEZ

"I just want to begin by saying that I am so proud of every single athlete on the cheerleading team for both fall and winter seasons. This year was a particularly challenging and complicated one. Although the team faced so much adversity; they were able to come together multiple times and push through any kind of adversity they faced. On the bright side, this year for the first time in MHS history five boys made the varsity cheerleading squad. Along with that we have placed second at invationals and league competitions for the first time in many years. The cheerleaders of MHS are continuing to battle against all doubts and odds to place at both leagues and regionals, to bring home a state championship trophy back to the school. The coaching staff would like to thank the seniors and athletes for their participation and being a part of this journey!"

-Coach Mariah

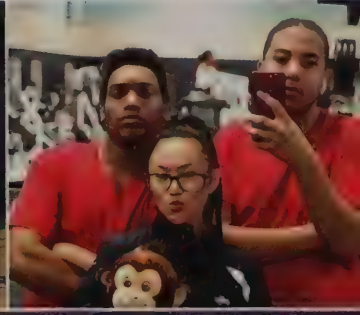
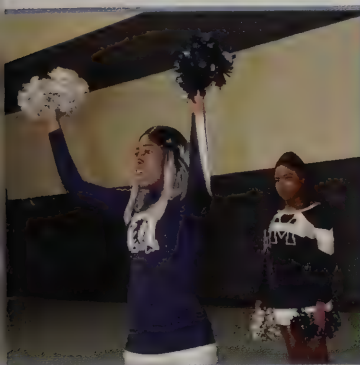


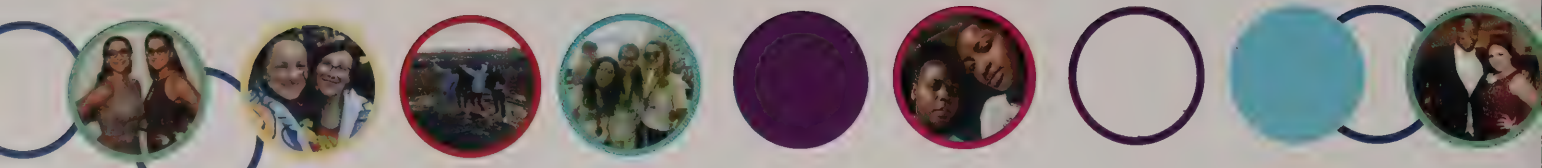
SENIOR BOYS

RICHIE HORNE, AMI
CARRASQUILLO, MICHAEL
BRANLEY, & EDSON LIMA



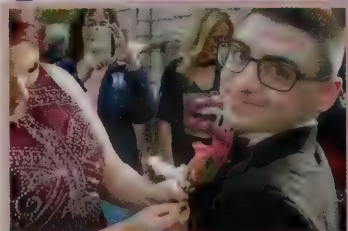
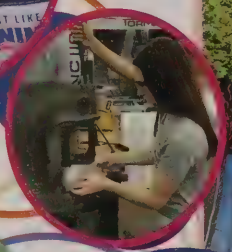
"CHEER IS MORE THAN A SPORT, IT IS A
MENTAL TASK WITH MANY LIFE LESSONS"
- CHEER CAPTAIN KIANA JEANNITON





Almost every student looks forward to the Spring! Seniors during their last Spring of high school had the opportunity to experience multiple events from award ceremonies to senior outings. Events and activities include during the Spring of 2019 include the Carnival Dance on March 15th, science fair on April 11th, the Senior BBQ, academic award ceremony on May 16th, NHS Induction ceremony on May 20th, the student leadership award ceremony on May 23rd, scholarship award night on May 29th senior prom on May 30th, senior brunch followed by yearbook distribution day and festivities on May 31st, and graduation on June 5th.

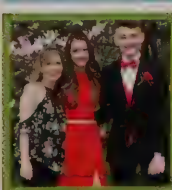
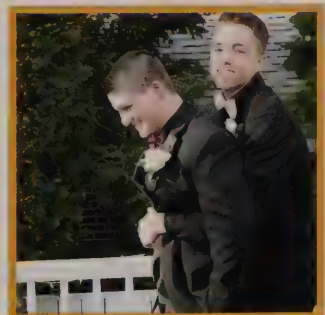
NO MATTER HOW SPRING IS



ONG THE WINTER

ARE TO FOLLOW

One event that Medford High organizes among the student body is Fells Day. With the geographic of Medford being surround by the Fells, Medford High School takes advantage of this feature and every April, MHS & MVTHS have the opportunity to experience Fells Day. Fells Day takes place on a school day and half the day are normally scheduled classes, followed by the other half with Fells Day activities. Activities include tee shirt tie dye, hiking, canoeing on the Mystic River, scavenger hunts, outdoor filming, rock painting, cross walk painting, recreational games, and park clean up!





Tyler Colazzo



Nickolas DeSimone



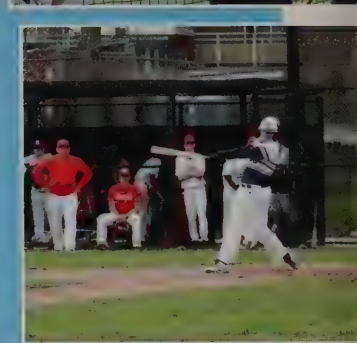
Malachy Donovan



Christopher Watson



Baseball isn't just a spring activity for the boys. Medford High School had recently built an indoor batting cage for the boys to practice all year long. Not only are the batting cages used for baseball, but for other sports as well.



01. Taking a knee for the boys



02. A glimpse into sophomore year



03. Out in the left field



04. Tyler Colazzo as the catcher for the Spring of 2018



05. Micheal Nestor running to first base

Baseball



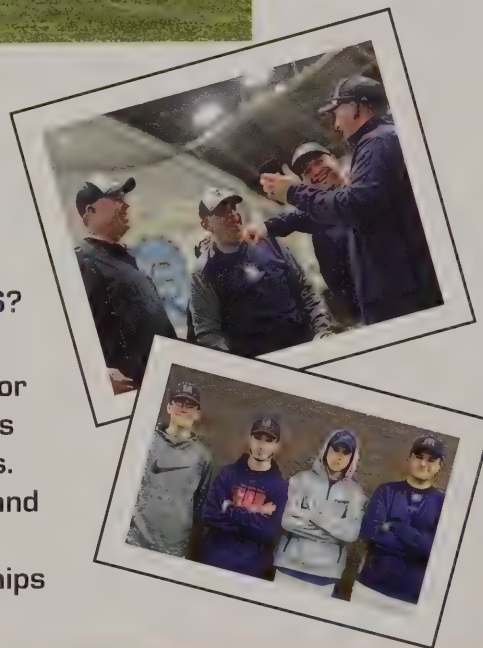
Spring 2018 Varsity Baseball Team

Batter Up!

An interview was conducted with Nickolas DiSimone and his thoughts on baseball...

Q: What are some takeaways from the baseball team here at MHS?

A: "Playing baseball here at Medford High School has been a great experience. It was a way to go out with your friends and compete for something very special. Throughout the years, you have teammates that come and go, but the team's success is always the main focus. The goal before the season is to make it to the state tournament and finally win it all. Luckily, we have been top the tournament several times, but have failed to win it all. However, the bonds and friendships made with teammates will last forever and be remembered."



Junior Year JV Baseball Team, Spring 2018



07. Sophomore Year JV Baseball Team, Spring 2017

Varsity Softball



Coach Jack
Dempsey



Coach Charlie
Pagliarulo



Scorebook Keeper
Dan Eisnor

"Despite losing four all-stars from last year's successful softball team, I am optimistic with five returning starters that the team will fare well this season. The five returning senior players are the captains of this years squad. They are Mya Winslow Kenzie Eisnor, Kayla Dell'Anno, Carmen Diorio, and Brenna Forbes."

-Coach Jack Dempsey

"Since 2009, I have coached alongside Head Coach Jack Depsey. Each year has been better than the previous year. These last few years have been exceptional. Our Class of 2019 seniors players have been the team's core of strength for four years."

With great pride I can say, I am honored and privileged to coach and teach and become a life-long friend of these incredible young ladies. Thay you for allowing me to be a small part of your lives and teaching me to stay young at heart. All of you have great future ahead because you know to work for it."

-Coach Charlie Pagliarulo



Spring 2017



Spring 2016



Spring 2018



2019 Seniors



Capt. Carmen
Diorio



Capt. Brenna
Forbes



Capt. Kayla
Dell'Anno



Capt. MaKenzie
Eisnor



Capt. Mya
Winslow



Miranda King-
Giannino



Haley
DiPietrantonio



Sarah
Deasy

Team Accomplishments

2016:

- Krystle Campbell Champions
- Record of 17-4
- The Greater Boston League Champions
- Division 1 North Semi-finalist
- Coach Dempsey was named Coach of the Year

2017:

- Record of 15-8
- Division 1 North Semi-finalist

2018:

- Record of 18-4
- North East Conference Champions
- Divison 1 North Semi-finalist
- Coach Dempsey was named Coach of the Year





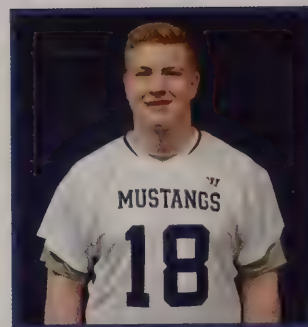
Tevin Cadet



Anderson Larosiliere



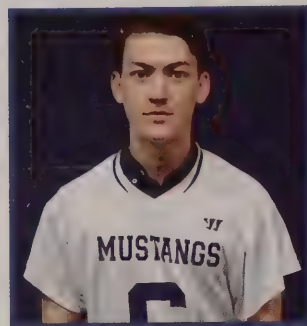
Matthew Crowley



Dennis Martino



Matthew Kivekas

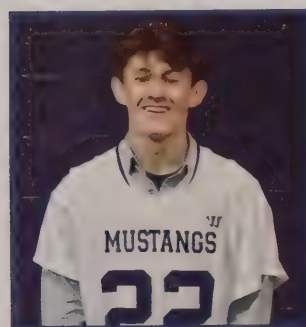


Joseph Schmidt



Thomas Connearney

"Every day and every week we need to work hard to improve in every element of our game."
- Head Coach Anthony Torta



Capt. Joseph Sargent



Capt. Jasper Su

"One word to describe my four years on varsity with Coach Peanut? 'Fantastic.'
-Captain Jasper Su #14

"Hard work keeps the boat moving."
-Captain Joseph Sargent #22



Back Row: Connor Carreiro, Brendan Crowley, Justin Giglio, Jacob Randazzo, Connor Finnegan, Richie Moretti, Liam Bernardi, Peter Tang, Miles Taylor, Aidan Doherty, Anderson Larosiliere, Tevin Cadet, Dennis Martino, Jared Carreiro, Joseph Schmidt, Matthew Kivekas, Myles Youngblood, Streck Salmon, Eduardo Magayanes, Tenzin Ganchentsang, Manuel Magayanes

Front Row: Matthew Crowley, Jasper Su, Joeseeph Sargent, Thomas Connearney, Philip Haberstroh

Varsity Boys'

L A C R O S S E



"Our biggest strength this year is how we work. We work very hard, which is great to see. Every player on the team is passionate about what they are doing, and truly and honestly want to help out the team as much as possible.

We also work together. The older veteran returnees are leading the way by guiding and coaching up their teammates with a true belief that we are only as strong as our weakest link."

-Head Coach Anthony Torta



Seniors



Isabella
Sanchez
#6



Adriana
Barbosa
#10



Kayley
Jefferson
#31



Jenna
Sullivan
#22



Emma
Baker
#13



Ximena
Valderrama
#9



Christina
Lane
#7



Ashley
Sheehan
#1



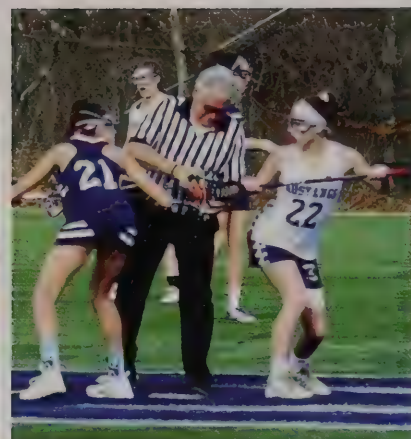
Coach
Meghan Olsen

"This team is driven and passionate about lacrosse. Each and every player is coachable, asking questions and applying what they've learned in practice and games. I'm so excited to be a part of Medford Girls Lacrosse!"



Coach
Mary Roche

"At the end of the day, being a part of a team allows student-athletes and coaches alike to experience success, challenges, and growth together. Medford Girls' Lacrosse is a group of girls motivated to learn more and work hard for themselves and one another, and I'm super happy to be alongside them!"



Medford Girls' Lacrosse



Boys' Tennis



>>Top Row (left to right): Coach Dyer, Evan Liao, Cpt. Christopher Walsh, David Mei, Tyler Lam, Joseph Ruemenapp, Vikas Romero
Bottom Row (left to right): Cpt. Petrus Pereira, Noah Pereira, Edward Tripp Hill, Erik Lam, Felipe Oliveira



"My senior co-captains are Petrus Pereira and Chris Walsh. Chris is returning after missing the second half of the season and will really help us in so many ways. He can play both singles and doubles and is excellent at both. Petrus is our #1 player and he has led us to the state tournament last season, in which we did very well in the winning two matches and advanced further than any team that we have had here at MHS. He was All League last season and we are looking for the same from him this year."

- Coach Ray Dyer



Seniors



Petrus Pereira

"I just cannot defeat seventh graders."



Christopher Walsh

"Coach has got a new van!"

Girls' Tennis



Top Row (left to right): Maha Shafiq, Ebyan Abshir, Cpt. Daria Agrba, Coach Heinegg, Drexel Osborne, Janet Lam, Pema Choejung
Bottom Row (left to right): Cpt. Frances Flood, Ajani Martin-Abascal, Tenzin Dechen, Tiffany Zhou, Samantha Liu, Shubhecchha Dhaurali



"Our team is a spirited bunch of talented players and tough competitors. They support each other and never give up. I'm proud to coach such a fine group of women."

- Coach Max Heinegg

Seniors



Daria Agrba

"We got ice cream after every game. Can your team compare?"



Pema Choejung

"The tennis team has always been full of new adventures, whether it is during a practice or on the way to a tennis match."



Mustangs



The Mustang Outdoor Track and Field Team had a successful 2019 season. The team showed tremendous dedication through their training at practice each day and came together to become a cohesive team. They were able to accomplish both their team goals and personal goals to have one of the most successful seasons yet. The Mustangs fought hard during decisive races when it mattered the most and always left everything they had on the track and the field.



OUTDOOR TRACK + FIELD





"The best hour of your day." - Coach Donlon



PORT OR STARBOARD EITHER OAR!

When you're a rower...everyday is leg day.



^ The Girls 1st Varsity 8 @ Moose on the Malden in April of 2018. The girls in the first place boat with a final time of 5:09, beating Somerville/Everett in the Final Heat features Ava Dawley (bow), Kylie Truong (2), Kathleen Cambell (3), Grace Galvin (4), Erin Diskin (5) Jennifer Dossantos (6), Jessica Dossantos (7), Maya Gomez-Coultas (stroke), and Hannah Chan (coxswian).

Novice Team in Spring of 2016



Spring 2018, G3V4



The Senior Captains of the 2019 Spring Rowing Team.
From Left to Right: Izaak Beusmans, Dillion Bombino, Justin Wu, Maya Gomez-Coultas, Erin Diskin, & Hannah Chan

Coaching Staff For the Class of 2019

Head Coaches: Edward McCormick (2015-2018) & Merideth Penta (2019)
Assistant Coaches: Aaron Manes (2015), Christopher Dello Russo (2015-2019), Nick Collins (2016), Sarah Dietrich (2015-2019), & Andrew Lavoie (2016)



Class of 2019 Rowers & Coxswians

Ports

David Bacon
Narmene Bensaber
Dillion Bombino
Antonia Collins
Jennifer Dossantos
Maya Gomez-Coultas
John Intoppa
Sofia Morgante
Nathaniel Pereria
Kylie Truong
Justin Wu

Starboards

Luiza Barbosa
Abigail Brady
Izaak Beusmans
Ava Dawley
Erin Diskin
Jessica Dossantos
John D'Orazio
Aidan Donovan
Haley McClean
Connor MacFarlane
Giordano Pintone
Kyle Roust
Wendy Vong

Coxswians

Hannah Chan
John Harrison
Niamh Keane
Mary Kate Lynch
Sophie Liu
Emily Tan
Jason Vo

ExtraOARdinary

RIGHT The Boys 2nd Varsity 8 won 2nd place at the Moose on the Malden regatta in the spring of 2018. This extraOARdinary boat line up included Justin Wu (stroke), Connor MacFarlane (7), Michael McTague (6), Augustine Tringale (5), Justin Truong (4), Giordano Pintone (3), David Macdon (2), Dante Leonforte (Bow), & Michael Wu (coxswain).



Right The Boys Oct won 2nd place at the Spring 2018 MPSRA States Championship on the Merrimack River, MA.



Spring Rowing



2018 Novice & Varsity Team



Band

Michael Bradley



Matthew Crowley



Will Drenth



Rubin Fernandes



Ruby Green



Dorran Hillard



Medison Labrecque



Jack Lazzaro



Nicole Miller



"Whatever you do, do it with all your might. Work at it, early and late, in season and out of season, not leaving a stone unturned, and never deferring for a single hour that which can be done just as well now." - P.T. Barnum





COME ONE, COME ALL!

This year's marching show was entitled "Come One, Come All," featuring the music from the film *The Greatest Showman*. At NESBA finals, the band received a score of 91.1, color guard placed second, and Meghan Smith was awarded Best Drum Major in their division.



Zoe Salvato-Cutter



Kimberly Smith



Meghan Smith



Annabelle Tang



Lekha Tevari



Wendy Yung



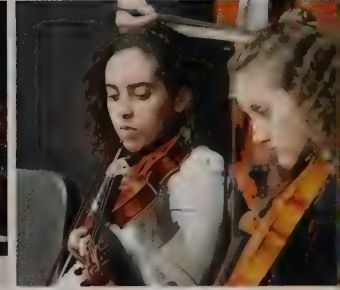
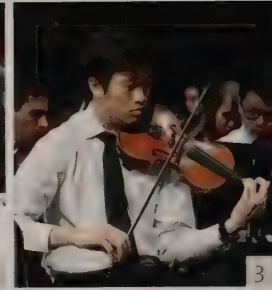
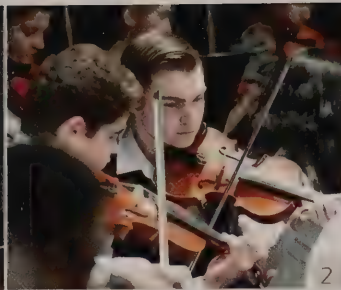
Christopher Walsh



Benjamin Whalen

"Music is your own experience, your own thoughts, your wisdom. If you don't live it, it won't come out of your horn." - Charlie Parker





Up Close & Personal!

1. Leonardo Bruce (left) & Elizabeth Hunt (right) as the only flute players in the 2018 Winter concert. 2. Stand partners John Intoppa (center) & Theodore Tringale (left). 3. Justin Wu takes first chair during the last winter concert.. 4. Narmene Bensaber (left) & Ava Dawley (right) have been stand partners for three years since 2016. 5. This is the final winter concert for the students in the Class of 2019, featuring a dedication ceremony for former School Committee member, Lena DiGiantommaso.



Class of 2019 Seniors!



Jenna Acinone
Violin



Narmene Bensaber
Violin



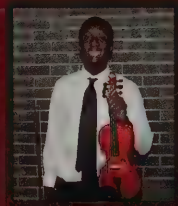
Leonardo Bruce
Flute



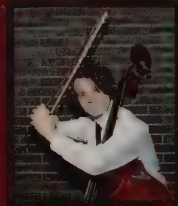
Anthony Chow
Violin



Ava Dawley
Violin



Jaiden Glass
Violin



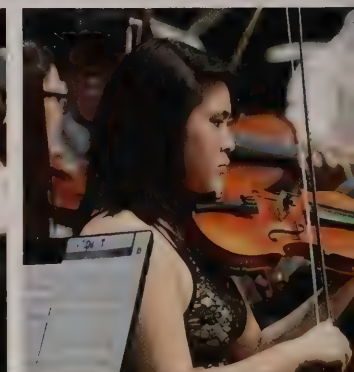
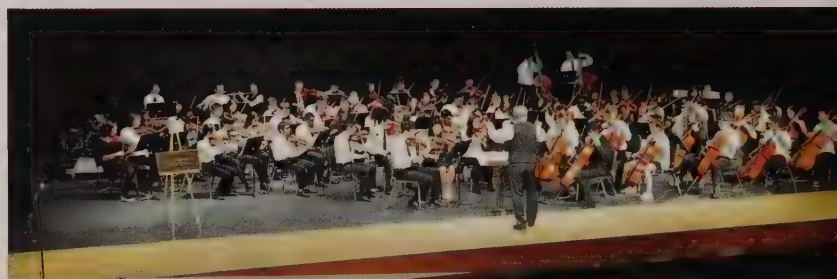
Arden Ingersoll
Bass & Cello



John Intoppa
Violin

A Dive Into Music

Music has been a part of most of our Medford seniors since the 4th grade. Students had the opportunity to start off their music career either at the McGlynn Elementary School and Brooks Elementary School with Ms. Sophia Chang, or at the Columbus Elementary School and Roberts Elementary School with Mr. Tony Szykniej. These 16 dedication seniors have continued their path of music with Mr. Szykniej during rehearsal every Thursday night from 6:30 pm until 8 pm. Students have also had the opportunity to take orchestra as an elective. The Medford High School orchestra not only creates a welcoming environment for all string players, but opens up the door to brass and percussion instruments as well.





Favorite Pieces

from the Students in the Class of 2019

- Pirates of the Caribbean by Klaus Badelt, Winter 2015
- Adagio for Strings by Samuel Barber, Winter 2015
- The Second Storm by Robert W. Smith, Spring 2016
- Star Wars by John Williams, Spring 2016
- The Dark Knight by Zimmer/Howard, Winter 2016
- Aladdin by Alan Menken, Spring 2017
- Final Countdown by Joey Tempest, Winter 2017
- Voluntary by Jeremiah Clarke, Winter 2017
- New World Symphony Suite by Antonin Dvořák, Spring 2018
- Midnight Tango by William Pordon, Winter 2018
- Viva La Vida, arr. Larry Moore, Winter 2018
- The Polar Express by G. Ballard/A. Silvestri, Winter 2018
- Canon in D by Johann Pachelbel, Winter 2018



MHS Chamber Orchestra

Director & Conductor - Mr. Szykniej



Steve Lemone Violin James Ricciardi Violin Kimberly Sinthara Violin Emily Tan Bells & Piano Kylie Truong Violin Jason Vo Bells & Violin Wendy Vong Violin Justin Wu Violin



MHS Drama Club Presents... *Almost, Maine*



"Even though there were only pairs or trios in each scene, the whole cast bonded backstage and at rehearsal. It really did feel like a little community and was one of the best fall plays we've ever done."

-Ruby Geen

CAST

PROLOGUE- INTERLOGUE- EPILOGUE

Pete - John Intoppa
Ginette - Hannah Rogers

SAD & GLAD

Jimmy - AJ Trenga
Sandrine - Katie
Rotramel
Waitress - Frances
Flood

GETTING IT BACK

Gayle - Catherine
Brosnahan
Lendall - Desmond
Lambert

WHERE IT WENT

Phil - Kieran
McFadden
Marci - Lauren
Henson

HER HEART

East - Kieran
McFadden
Glory - Ruby Green

THIS HURTS

Marvalyn - Ryleigh
McLaughlin
Steve - Jack Egan

THEY FELL

Randy - Michael Branley
Chad - Marco
McElhiney

STORY OF HOPE

Hope - Charlotte
Green
Man - Jack Egan

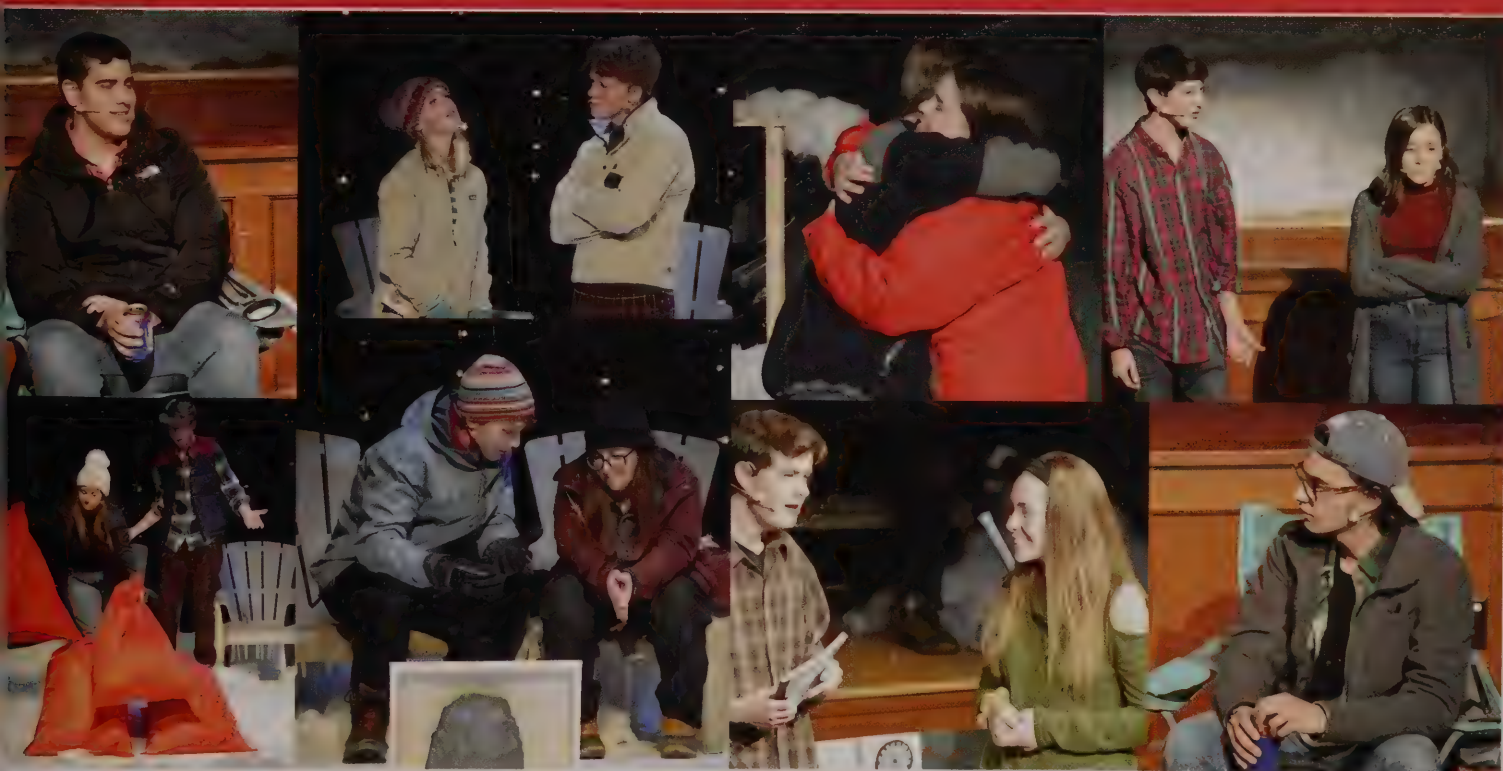
SEEING THE THING

Rhonda - Cadee Stefani
Dave - Desmond
Lambert





On November 8th, 9th, and 10th the Medford High School Drama Club carried out three showings of *Almost, Maine*, written by John Cariani. The play features a series of vignettes that take place in an imaginary town in Northern Maine named Almost.



Fancy Me Mad is an original one-act play written by Annabelle Tang, Gabrielle Yamamoto, and Alyssa Parziale.

"This has been an amazing opportunity. *Fancy Me Mad* has become one of the better points of my high school career. Working alongside the cast, crew, and directors that made this possible has made this an experience I won't soon forget."

-Annabelle Tang



Fancy Me Mad

Drama Fest 2019

Special thanks to our directors, Ms. Rello and Mr. Preziosi

"Doing a student written show this year really helped me propel our program forward by forcing us in directions that we had never traveled before. I am proud of the progress we made, blessed to have been part of the experience, and excited to continue to watch us grow." -Mrs. Rello

"*Fancy Me Mad*, but I personally prefer pools WITH water." - Mr. Preziosi



Ruby Green and Jessica Taddeo

"Playing Anet was the most challenging role I have ever attempted. Not only was memorization a task, but fine tuning the gentle and gradual descent into madness proved difficult. I focused on mastering and intention with every line. I want to thank the writers for such an amazing show and challenging role. It was a great experience!" - Ruby Green

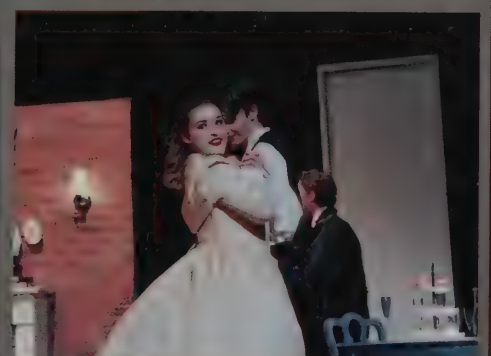
"Playing Chastity was such a fun experience, my favorite character I've ever played. She's a strong woman and stopped at nothing to get what she wanted, even though it ended in her demise. I wanted to embody that as best I could, so I brought out the more assertive and confident side in me. It was very empowering to play such a prominent female role." - Jessica Taddeo



Top Row - John Intoppa, Duncan Hilliard, Desmond Lambert, Benjamin McAfee, Theodore Tringale, Christopher Walsh, Jessica Taddeo, Kieran McFadden, Ruby Green, Ian Budney, Yousuf Gehad, Dillon Bombino, Vanessa Moran, Elizabeth Carey, Bailule Hadgembe, Meghan Smith

Middle Row - Annabelle Tang, Isabella Hamel, Julia Calaback, Francesca Leggin, Kyleigh McLaughlin, Hannah Rogers, Elyan Abshir, Maya Gomez-Coulton, Lekha Tevari, Wendy Yong, Kimberly Smithara, Willa Driscoll

Bottom Row - Rebecca Seigel, Alyssa Parziale, Kieran Adams, Cailey Stefani, Ansel Miller, Maria Carmine, Gabrielle Vansantoni, Cailey McCray

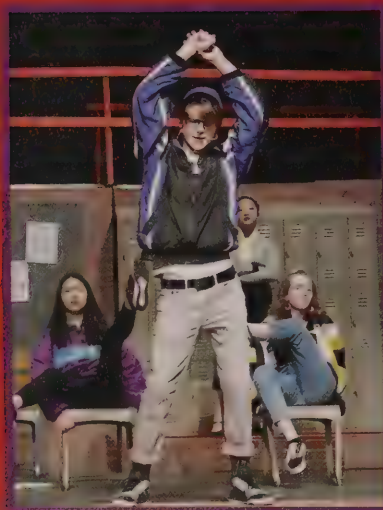




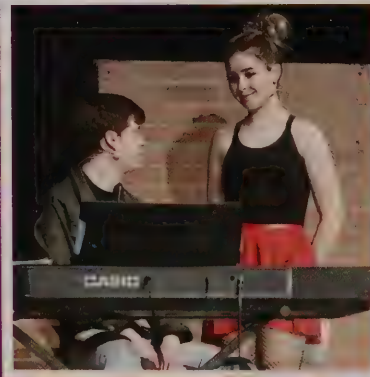
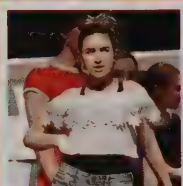
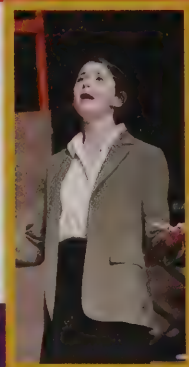
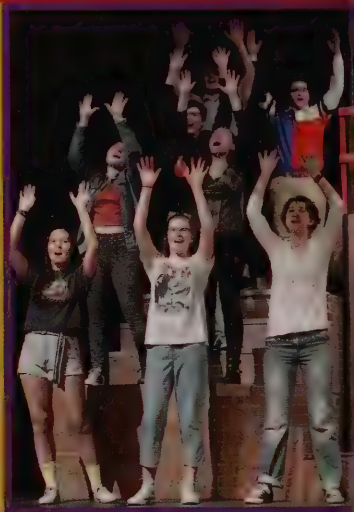
MHS Drama Club Presents...

FAME

The cast and crew spent a month working on perfecting the spring musical *Fame*! *Fame* centers around a performing arts high school, the staff, and the students who make it shine. The story follows a group of students and their high school experience as they navigate their teen years through song and dance. The cast has put everything they had into this show and want to make sure you "remember their names!"



DRAMA CLUB SENIORS





Actors

Nick Piazza - Kieran
McFadden
Ariana Katz - Charlotte Green
Diego Vegas - Desmond Lambert
Carmen Diaz - Ruby Green
Iris Kelly - Jessica Taddeo
Mabel Washington -
Hannah Rogers

Musicians

Schlomo - Jack Egan
Lambchops - Lekha Tevari
Goody - Chris Walsh

Teachers

Miss. Sherman - Willa Driscoll
Ms. Bell - Catherine
Brosnahan
Ms. Myers - Annabelle Tang
Mr. Sheinkopf - Ansel Miller

Dancers

Jack Zakowski - Ian
Budney

Stage Manager

Maya Gomez-Coultas

Assistant Stage

Manager
Rebecca Siegel

Ensemble

-Isabel Anglese
-Dechen Antsa
-Lily Beagan
-Kathleen Campbell
-Abby Czwakiel
-Patrick Fanning
-Lauren Henson
-Emily Matarese
-Nathan McCarthy
-Daniel Morgante
-Rachell Paz
-Katie Rotramel
-Kayleigh Sheehan
-Zoe Salvato-Cutter
-Kim Sinthara
-Mackenzie
Patterson
-AJ Trenga
-Wendy Vong
-Ebyan Abshir
-Annabelle Bolitho
-Michael Branley
-Julia Desharnais
-Megan Furtado
-Julia Galebach
-Lacey Intoppa
-Kiera Lappin
-Francesca Leggio
-Ryleigh McLaughlin
-Samantha Mercuato
-Audrey Soule
-Samerawit Takele
-Kya Dyous-
Goulden
-Vanessa Moran
-Mariana Plata
-Samantha Stanley
-Annabelle Tang
-Kieran Adams
-Lia BenDaniel
-Alieda Brenton
-Renata Del Vecchio
-Frances Flood
-Bailule Hadgembes
-Duncan Hilliard
-Janet Lam
-Noelani Lasko
-Theo Tringale
-Jack Lazzaro
-Savannah Saint
Germain





Mock Trial



GSA

MHS Clubs Medford High School offers a number of different clubs and organizations for students to get involved in the Medford community. With a wide range of clubs from leadership, community service, cultural identities, academic based organizations, games and recreation, and performing arts, students have the opportunity to meet people from all four grades with similar interests.



Gardening Club



Asian Club



KEY CLUB

Club Advisor: Mrs. Solomon

Student Leaders: Erin Diskin,
Niamh Keane, Jenna Agnone, and
Sofia DiMeo

With Key Club, students have the opportunity to earn community service hours for their participation in the club's events. Key Club members forge strong friendships with one another as well as make connections in the community.

Participation in the Key Club enriches students' lives through a greater sense of social concern and selflessness, as well as improving the community of Medford as a whole.



INTERACT CLUB

Club Advisor: Mrs. Saulnier

Student Leaders: Danielle Le and
Tia Belotte

Interact is a student-led organization that actively works to promote the belief that everyone at Medford High School deserves to feel recognized, empowered, and involved. Interact focuses on monthly themes that we chose together to challenge and strengthen our diverse population here at MHS through community building activities, creative service learning projects, and volunteer opportunities. Interact Club promotes the motto "Service Above Self."





NATIONAL HONOR SOCIETY

President: Lauren Brown
 Vice President: Maya Gomez-Coulta
 Secretary: Willa Driscoll
 Treasurer: Darwin Do

Students qualify for membership in the National Honor Society by establishing an exceptional record of scholarship, leadership, character, and service. All students who take part of this program have a minimum of a 3.3 GPA and take part in a tutoring program in the MHS library.



PEER MENTORING

The Mentoring Program is a collaboration between grade 9 students and grade 10, 11, and 12 students at Medford High School.

Mentors demonstrate a strong capacity for individual service and high levels of personal character and academic success. All grade 9 students are assigned a mentor, and for duration of the school year, mentors work with their mentees during the day, assisting them whenever they need help.





MAGIC & CARDISTRY CLUB

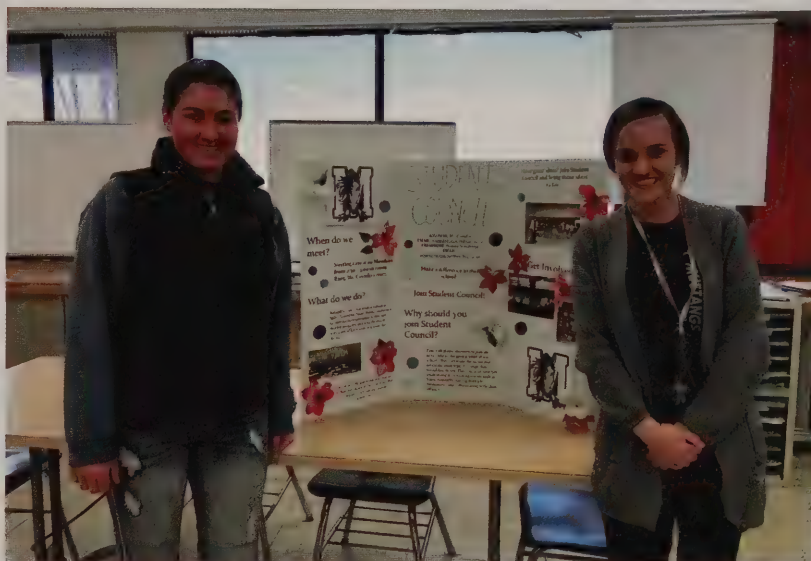
"The Magic and Cardistry Club was created to help young magicians/cardists learn new tricks, trade performing tips, and ideas. The club's goal is also to get more people involved in the two communities and really appreciate the art form."

President: John Intoppa
Advisor: Ms. Littman

STUDENT COUNCIL

The student council is a school club of individuals from every grade that work on giving the student body a voice. We host various fundraiser events throughout the year and have previously helped in the planning of the spirit assembly and our yearly spirit week. We meet every week throughout the year and always welcome new faces who are looking to have their opinions and voices heard.

Advisor: Ms. Costello



NON-TRADITIONAL

The "Non-Traditional" club is a student organization open to Vocational students who are enrolled in non-traditional Vocational programs. This club offers opportunities to students to increase equity in their programs and to offer support to one another while they share their experiences. Examples of non-traditional would be female students in the building trades and male students enrolled in health assisting, child care, and the cosmetology programs. Students take part in state-wide conferences and activities to increase their future career opportunities and network with other students, as well as professionals in their technical fields. They also give each other support during our bi-monthly meetings. Our motto is Non-Trad is Rad!

Advisor: Ms. Perrin





WORLD LANGUAGE CLUB

The objective of the World Language Club at MHS is to provide a foundation for all students to learn more about French, Italian, and Spanish speaking worlds. Throughout the year, different events and fundraisers are put together to celebrate the variety of cultures represented in our school, such as the annual Carnival Dance, holiday photo booth, raffle tickets, and car washes. All the profits made from multiple fundraisers goes towards two scholarships awarded to two senior students each year. The World Language Club also gives the students the opportunity to experience a dance lesson from different cultures. Students had the opportunity to learn the dancing techniques of both tango and flamenco with a introduction to the historic content of each dance.

Advisor: Ms. Lepore

BLACK STUDENT UNION

Medford High School's Black Student Union, led by presidents Antonia Collins and Nadia Farmer and advisor Mr. Geehan, is a safe space for Medford High's black students to come together, build a community, and discuss and debate topics concerning the black community. Open to all, the club frequently displays movies, documentaries, YouTube videos, or TV shows to spark dialogue on a variety of issues. For example, Black Student Union discussions may be focused on colorism, police brutality, HBCUs, and/or students' experiences in our own high school and city. The Black Student Union frequently advertises events, such as a large discussion during which staff and students alike discussed black conservatism, and urges students to wear all black to celebrate Black History Month. Through bi-weekly meetings and engaging dialogue, the BSU hopes to provide a safe, friendly community for Medford High's black students, and talk through tough topics to promote change.



TIBETAN CLUB

The goal of the Tibetan Club is to raise awareness about Tibet and to educate the Medford community regarding our history and Tibetan culture. This organization at MHS exposes students to the Tibetan language, culture, and the grassroots organizing of how it all began.

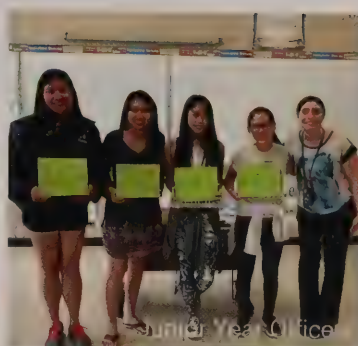
Advisor: Mr. Bartolanzo

Senior Year President: Pema Choejung



ASIAN CLUB

The Asian Club endeavors to share Asian culture school-wide and create a forum for students to meet and work together, as well as participate in community service learning. Every year, the goal is to raise at least \$500 for Rosie's Place. In April of 2016, this student-run organization was able to raise enough money to bring in Odaiko New England for a traditional Japanese taiko drumming performance as a sixth period assembly. Student leaders in the year of 2016-2017 include Kylie Truong and Justin Tseng as co-presidents, Emily Pham as vice president, Ivy Ho as secretary, and Kelly Lam as treasurer. Students leaders in the year of 2017-2018 include Kylie Truong as president, Anna Nguyen as vice president, Ivy Ho as secretary, and Sophie Liu as treasurer. Student leaders in the year of 2018-2019 include Wedny Vong as president, Qing Cheng as vice president, Nhat Trieu Man Huynh as secretary, and Justin Truong as treasurer. Ms. Liu was the advisor for freshman and sophomore year and Ms. Sanford was the advisor for junior and senior year.



DIVERSITY EMPOWERMENT MOVEMENT

DEM aims to empower and celebrate people of all backgrounds. We define diversity as the various aspects of our identities and how intersectionality impacts our experiences in society. The club is in its second year and has been focused on spreading awareness of the various forms of marginalization that people of color and people from diverse backgrounds often experience. DEM hosts group discussions, features film/TV with diverse representation, collaborates with other clubs and organizations to host school wide assemblies and events, and in the spring DEM hosted its first major event, The Lit Cafe. The staff advisers would like to thank our DEM Presidents Chioma Opara and twins Bazile for their hard work, as well as our seniors Yula Valme, Antonia Collins, Aidan Sherry, AJ Neves, and Anylah Sanon for their dedication to the club. Also a special thank you to our members who came and celebrated diversity with us!

Adviser: Ms. Langley & Mr. Geehan





GAY STRAIGHT ALLIANCE

The mission of the GSA:

To create a safe, inclusive environment for members of the LGBT community to meet at Medford High School. To make Medford High School an accepting community for people of all identities. To facilitate healthy conversations and interactions amongst LGBTQ+ youth and the greater community of Medford. To promote support for LGBTQ+ youth throughout Medford.

Each year, the GSA hosts and participates in a plethora of events at the high school, as well as the larger community, including the Welcome Back Neon Dance, bi-annual coffee houses, It Gets Better assembly, world cafes, campus beautifying projects, and Pride Boston.

The 2018-2019 officers are Hannah Rogers, Antonia Collins, Lyndsey Martins, Patrick Fanning, and Michael Branley. The club is advised by Ms. Chalifoux & Ms. Simpson. We meet every Thursday in room C303 - Ms. Chalifoux's room - at 2:30.

ETHICS BOWL

Ethics Bowl is where students meet to discuss and analyze the morality of various situations. Discourse is encouraged, as we believe that everyone should have the opportunity to voice their ethical beliefs. Every year, we receive a new set of cases on a wide variety of topics to debate and form arguments. Then, we prepare for and compete in the regional competition at Tufts University.



YEARBOOK COMMITTEE

The *Blue and White* yearbook is one of the longest running clubs at Medford High. Every year, the yearbook committee works hard to create a unique representation of our year as seniors. Students have the opportunity to work collaboratively with other student leaders, staff, coaches, and administration to create the best yearbook possible. Opportunities such as photography contests and yearbook spread layout contests open doors for students to discover their true hidden talents.

Advisor: Mr. Ambrose

Co-Editors: Francesca Leggio & Kylie Truong

Business Managers: Megan MacGilvray &

Kieran McFadden

MVTHS Representatives: Abigail Brady & Kayla Valme



MUSTANG NEWS & MANTRA

The *Mustang News* is an awesome publication by MHS students, for MHS students about everything MHS-related and beyond. There are posts about activities, clubs, sports, and current events. There are only seven writers in the journalism class right now that are publishing material this year, but anyone is welcome to submit to Mr. Heinegg. It's a great opportunity for new writers and a really cool publication.

The *MHS Mantra* is another great publication that expands into more creative work. Students are always welcome to submit poetry, art projects, creative writing, and even photography. It's nice to have a safe and inclusive publication that houses some really beautiful student work.

Advisor: Mr. Heinegg





MOCK TRIAL

The MHS Mock Trial team participates in mock trial competitions with other Massachusetts high schools in partnership with the Massachusetts Bar Association. Students collaborate to interpret evidence and data, as well as build cases for an assigned criminal or civil trial. The team works closely with professional attorneys to argue cases in a courthouse in front of a judge. Members of the Mock Trial team develop strong critical thinking and public speaking skills, as well as learn how to construct arguments supported by proof.

Adviser: Ms. McMahon

CCSR

The Center for Citizenship and Social Responsibility (CCSR) is a student organization responsible for developing future leaders and global citizens. Every year, students work alone or in groups to design and execute a community needs based plan to benefit the high school, city, or beyond. Over the past four years, over 1000 students have participated in CCSR's mini-courses and activities, and most importantly community projects. With the support of grants like the Cummings Foundation, CCSR is able to continue making the world a better place.

Co-presidents: Emily Tan & Jenny Lu

Vice President: Luiza Barbosa

Secretary: Sophie Liu

Treasurer: Sarah Elkandakly

Webmaster: Darwin Do

Project Booklet Manager: Jasper Su

Advisor: Mr. Skorker



GARDEN CLUB

The Garden Club meets throughout the year to plan, maintain, and promote the community garden at MHS. We work with other departments and clubs at MHS to support sustainable agriculture and healthy diets. Any student, especially those interested in the environment, food, or education, can join. After picking all the fresh food from the garden, the Garden Club creates easy to make snacks for the Medford High School community to enjoy.

Adviser: Ms. Beaulieu



STUDENTS OF THE FELS

Students of the Fells is an outdoor expedition and service-based group. They were founded around the principle that a connection to the outdoors is an essential part of a person's development. Students organize and lead trips throughout the year to facilitate this connection. They try out a variety of outdoor activities ranging from hiking, biking, camping, and skiing. At the end of the year, they host a large cardboard canoe race where anyone in the community is encouraged to participate! Not only does this organization take place at Medford High School, but also surrounding communities such as Melrose High School, Malden High School, Arlington High School, and Winchester High School.

Advisors: Mr. Weigel & Mr. Tower





ART CLUB

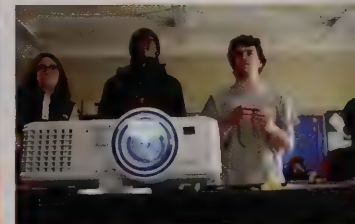
Club Advisor: Mrs. Van Aken
Student Leaders: Harjot Singh
and Nick Hollings

The Mission of the Medford High School Art Club is to promote a spirit of fellowship and social interaction for those students interested in the arts; to provide creative opportunities for its members; to enhance the visual environment; to promote originality; and to encourage community involvement with and an awareness of high school fine art.

GAMING CLUB

Club Advisor: Mr. Maldonado
Student Leader: Jack Lazzaro

Gaming Club is about getting together with students around MHS and MVTHS while having fun playing video games. We play what we have, and the number one rule of Gaming Club is "never judge a game until you've played it." Rule number two is "don't hate the console, hate the game." Gaming club is here to get gamers opportunities on games that they've never been exposed to because of reasons they can't think of.



MEDFORD CALLING

Club Advisor: Ms. Fard

"Medford calling puts on two performances a year of rock and pop covers, plus original songs from our members. The group consists of musicians from all grades, many different instrumental backgrounds, and all genres. This year Medford calling is partnering with the CCSR to put on the musical event 'Songs for Social Justice.' The experience will give participants a walk through the decades of music as a force for social change"

-Ms. Fard



DRAMA CLUB

Club Advisors: Ms. Grant & Ms. Rello

President: Ruby Green

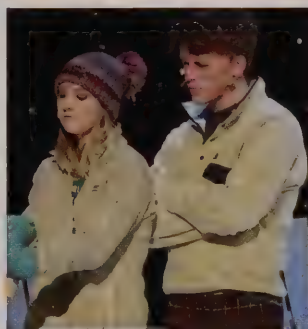
Vice President: Hannah Rogers

Secretary: Michael Branley

Treasurer: Ryleigh McLaughlin

Drama club is a community of driven students and leaders who want to collaborate with each other, and teachers to put together massive productions and perform for the community. It's truly magical bonding experience and all people, no matter their life experiences or background, can participate and be a part of something great."

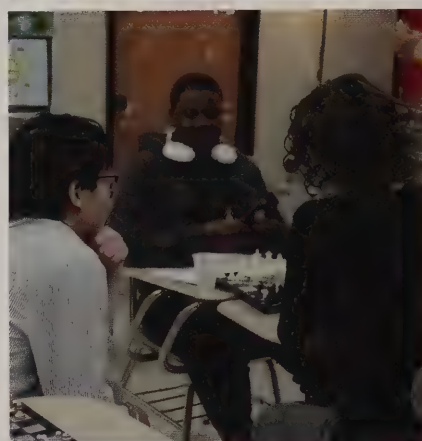
-Ruby Green



CHESS CLUB

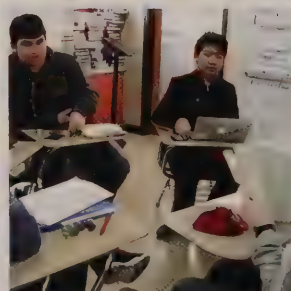
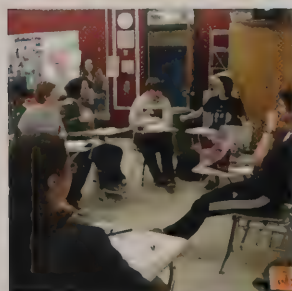
"Chess helps you concentrate, improve your logic. It teaches you to play by the rules and take responsibility for your actions, how to problem solve in an uncertain environment" - Former World Chess Champion Garry Kasparov.

Chess club offers an opportunity for students to learn about the sport of Kings and Queens, Knights and Bishops, Rooks and Pawns. Students are able to explore the world of chess, working collaboratively with their peers.



DUNGEONS & DRAGONS CLUB

In the Dungeons and Dragons Club, we play the famous tabletop game, Dungeons and Dragons! To play, you just need paper, pencil, some dice, and a great imagination. One 'Dungeon Master' creates a story, and guides the players who take on exciting fantasy roles such as a talkative knight, a clumsy wizard, or a secretive rogue. If you can imagine it, you can do it. We have a lot of fun each week writing these stories and meeting new people, and we invite you to come join us to do the same!



MEN'S VARSITY VOLLEYBALL TEAM

Since the dawn of time, the original founders of our team hunted and scavenged for the hope and promise that their future kin will one day carry on the traditions that this team carries close to their hearts at every practice. From every scraped knee and concussion to our last ice cream as a team, it is really suprising how good we are at volleyball.

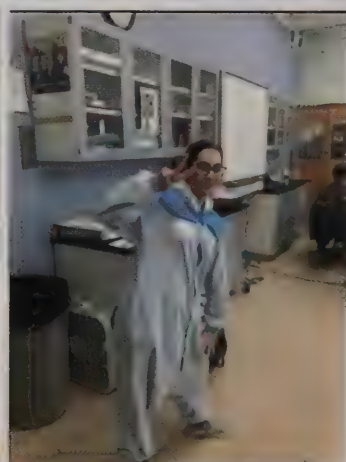
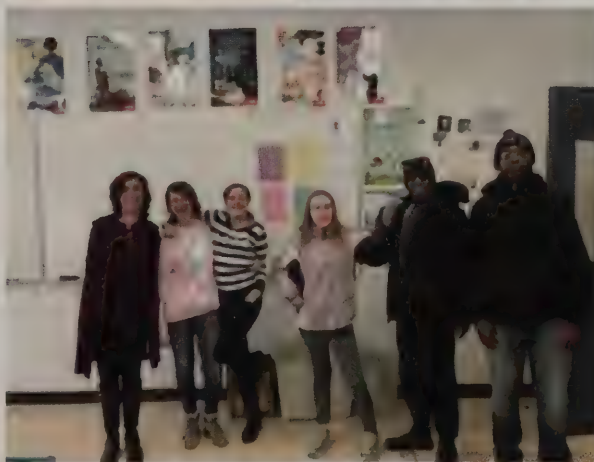
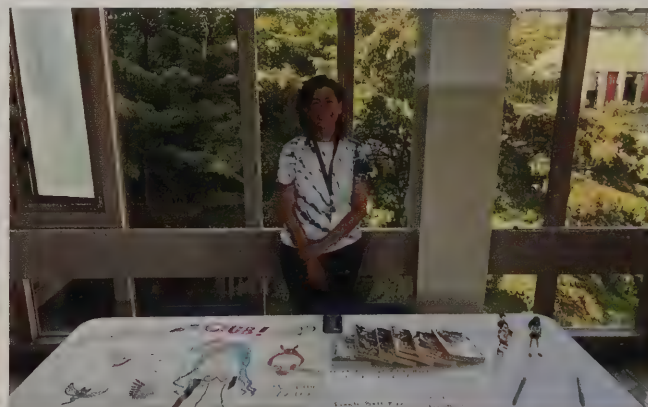
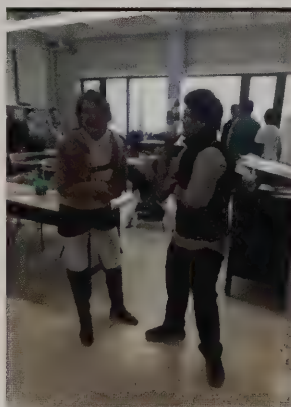
"I've worked in the Volleyball field for twenty years and the only thing that could have put together such an amazing and talented team is God himself."

- Coach T (at Nationals)



ANIME CLUB

The Anime Club is a place to meet and discuss about all things Anime. Activities happening at this club include watching Anime and having Anime-related discussions. When not watching Anime, students are encouraged to help other students with Anime drawings. Over its time at Medford High, the Anime Club has collected more than twelve members and hopes to keep growing.





READERS' CLUB

The MHS Readers' Club is a different kind of book club where students may opt to use school owned Kindles (at no cost), bring their own eReader or choose a book in print. Students may read whatever he or she chooses in any genre or format. Students then share book talks about those choices in weekly meetings. The Readers' Club provides the students of Medford High School with the opportunity to both share their love of reading and achieve a higher level of literacy by offering access to the Kindle eReader and the motivation of both free choice reading and the literary recommendations of their peers.

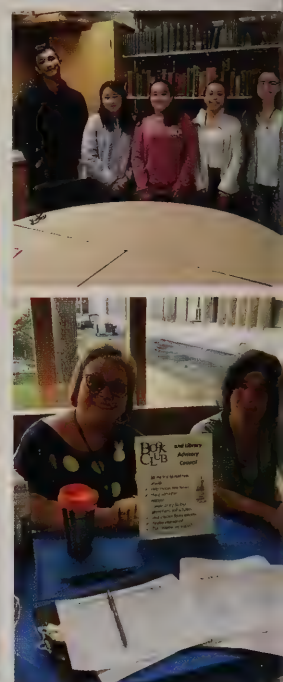
Advisor: Ms. D'Orsi



WRITING CLUB

This organization was founded by current senior Mikhayla Rothermel, during her sophomore year of high school. The goal of this club is to expand everyone's horizons by encouraging creative thinking. Members take part in a speed write every meeting followed by a writing prompt of the day. The goal of each meeting is to share writing pieces and to edit each other's work.

Advisor: Ms. LeClair
President: Mikhayla Rothermel



MATH TEAM

The Math Team meets twice a month competing the AtPac competition along with other schools throughout the country. Formed by a group of students that are excited by the applications of mathematics and how it can be used in their daily lives, they continue to look for new opportunities and hope to compete in a competition at Tufts University every year.

Members: Brianna Leccese, Rachel Dakermanji, Maria Rocha, Justin Truong, Maggie Tseng, Albe Farah, Andrea Arellano, Nicholas Song.
Advisers: Mr. Bartolanzo & Ms. Needham

SCIENCE TEAM

The Science Team is a member of the North Shore Science League (NSSL) of about thirty schools of the North Shore of Boston, from Chelsea to Amesbury and including Cape Elizabeth, Maine. The League meets at various schools on the second Tuesday of each month. Each meet consists of three events of no more than four students per event. Events span all fields of science, from Biology, Chemistry, and Physics, to Engineering and Building. Students compete head-to-head in competitions that include lab-based events, stations work, pen and paper, and testing designs of built models.

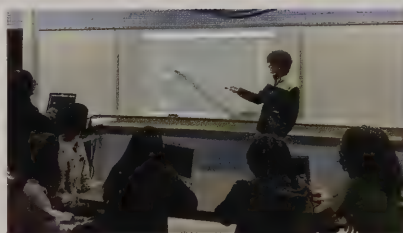
Advisor: Mr. Lazzaro



ROBOTICS TEAM

The Robotics Team has been established to promote students' interest in science, technology, engineering and mathematics. This is a club where students can have fun and experience exciting intellectual challenges after school. Students collaborate to design and build robots; also, they develop computer programming skills by writing strategic computer programs. In Robotics, students are encouraged to apply problem-solving, as well as critical and creative thinking skills. More time commitment will be required of students who would like to participate in the Botball Robotics Tournament. The Robotics Team participates in the annual Botball Regional tournament held at UMass Lowell in the Spring. Each year, the team works together to build and program robots that complete different tasks laid out in each year's game. Anyone is welcome to join, no previous programming or robotics experience is necessary! Participation would be required for about nine weeks, including February break.

Advisor: Ms. Chyen



DANCE TEAM

The Dance Team performs at school events such as the Spirit Assembly and basketball games. Being a part of the team is a great way to learn dance and perform for crowds. Students have the opportunity to learn Jazz and Hip Hop routines throughout the year. This team really brings out one of the many forms of school spirit at MHS & MVTHS.

Advisor: Mrs. Briand



DECA

DECA is business based competition where students around the country compete in a variety of events. Our Medford Chapter has 10 competing members: Hunter Tognarelli, Berlie Vixama, David Mei, Richie Horne, Levictor Fonseca, Malik Sadeddin, Derek Murray, Supreet Kaur, Manuel Magayanes, Eduardo Magayanes. On January 10, 2019, students traveled to Endicott College to compete in Districts with the objective of qualifying for the State competition held at the Boston Marriott in early March. Two of our team members qualified - Hunter Tognarelli and David Mei - congratulations gentlemen! We also had a team submit an SBE Manual for Mustang Travels - Richie Horne, Anthony Esposito and David Mei. If the manual achieves a gold rating we will bypass States and be placed at internationals for Competition in Orlando, Florida. We'll know those results sometime in February Of 2019. Four of our senior team members will still have an opportunity to compete at the State competition in the Quiz Bowl - the Quiz Bowl team members are Malik Sadeddin, Derek Murray, Levictor Fonseca and Richie Horne. Best of luck to all of our competitors and congratulations for another successful year at DECA!

Adviser: Ms. Coolen

3-D PRINTING

3D Printing Club is a weekly, afterschool activity on Wednesday afternoons where students can make whatever they desire. Once they become familiar with the CAD software, the only limit is their imagination! Mr. Wilson runs the club out of B309, and the accessibility of the printer is not limited to meetings - students, members and non-members are free to design whatever they want and email to to Mr. Wilson to print. Students often utilize this asset for various projects, from science fair projects, to personal projects, to anything they want! Students can create whatever they want with no cost!

Members include president Albert Farah as well as Justin Garland, Anita Capore, Nathaniel Follis, Priscilla Fannon, Cheyanne Crump, and Daniel Semakula.

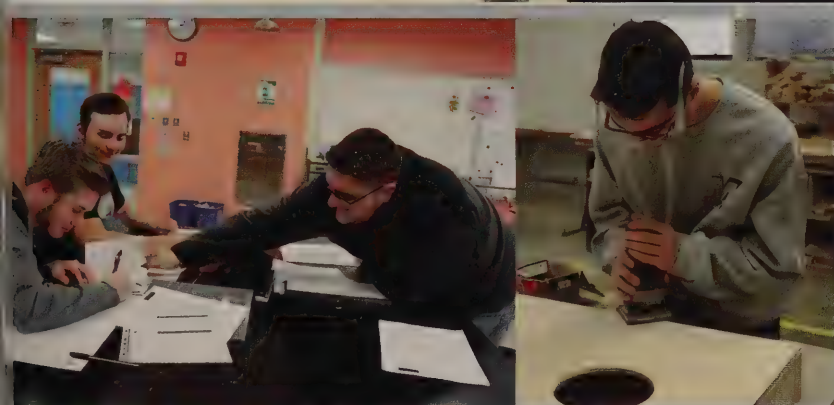
Adviser: Mr. Willson



Medford Vocational Technical High School

Congratulations to the Vocational Students in the Class of 2019! I have watched you excel in your programs, enter the workforce through our cooperative education program, and make friendships that will last a lifetime. You are now an alumni of MVTHS, and you will find that our family network will support you long after your years as a student. As a second year Principal of MVTHS, I will never forget how welcoming this class has been to me, saying hello in the hallways, inviting me into your classrooms, and truly making me feel like I was part of the team. Thank you Class of 2019!

-Chad Fallon



Administrative Staff

Chad Fallon, Principal/Director
Jill Sawyer, Associate Director
Alicebeth Fitzpatrick, Associate Director
Kimberly Clinton, SPED-ETL
Jessica Langley, Adjustment Counselor
Kim Flaherty, Administrative Assistant
Joanne Panzini, Administrative Assistant

Featuring 15 shops

Automotive Technology, Biotechnology & Eviremnetal Science, Carpentry, Construction & Crafts Labor, Cosmetology, Culinary Arts & Hospitality, Electrical, Graphic Design & Visual Communitication, Health Assisting, HVAC & Metal Fabrication, Business and Marketing, Robotics & Engineering, and Media Technology.

BIOTECHNOLOGY & ENVIRONMENTAL SCIENCE



Seniors: Patrick Fanning, Anesia Gello,
& Christina Lane

The Biotechnology program introduces students to the field of Biotechnology through career exploration as well as course-specific content and skills. Upon graduation, students usually pursue STEM education in colleges and universities, or entry-level positions in industry.

**"Christina, Patrick, and Anesia, I'm very proud of each of you! Best wishes to all of you after graduation! Always keep growing."
- Mr. Rousseau**

BUSINESS TECHNOLOGY & MARKETING



Seniors: Richard Horne, Anthony Esposito, Hunter Tognarelli, Marcio Campos Neto, & Levictor Fonseca

The Business Technology & Marketing Program provides the skills, background, and certification necessary to prepare students to become well-rounded employees, employers, or entrepreneurs.

"Richie, Hunter, Anthony, Marcio & Vic - thank you for all you did to establish the Business Marketing Program at MVTHS - always know that you are the founders of this program and for that, you should be proud. Never forget to use good Time Management; we ALWAYS need Cheese-Its, and OKAY. Good luck gentlemen - I expect great things from you!! All the Best, Ms. Coolen"

GRAPHIC DESIGN & COMMUNICATION



Seniors: Justin Garland & Shane Keddy

Graphic Design & Visual Communications prepares students for careers working in digital technology, printing, publishing, and new media ventures.

"Congratulations to Justin and Shane. Good luck in the future!"

- Mr. Spagnola and Mr. Spagnola (Spag Squared)

ROBOTICS & ENGINEERING



The Robotics and Engineering Program focuses students on learning to build and program control circuits for a variety of robotic devices, design and create custom parts using a range of computer-controlled machine tools, and manufacture custom printed circuit boards. Students learn perseverance as they develop the ability to spend days, weeks, and sometimes months working diligently to turn ideas into robust working prototypes.

"Thank you Seniors!"

- Mr. Christy & Mr. Lewkowitz

Seniors: Brooke Adams, Matthew Sheehan, Thiago Andrade, Christopher Watson, Jeremiah Burnett, Elijah Desmarais, Jeffrey Pascal, Reginsberd Clenord, Kevin Taylor, Danielle Le

Not Pictured: Nathan Brand, Charles DePalma, Wede Fegerson Desir, Aidan Sherry, & Robert Sullivan

MEDIA TECHNOLOGY



Seniors: Abby Brady, Christopher Freeland,
& Kayla Valme

The media technology program is designed for students interested in pursuing employment and post-secondary education in the fields of television and radio broadcasting and media technology.

"Abby, Chris, and Kayla have come so far in the Media Technology program. As the first students in this new program, I have watched them grow into competent young adults who are ready for the next chapter. I look forward to seeing their successes in college and industry."

- Ms. Fraser

CULINARY ARTS & HOSPITALITY



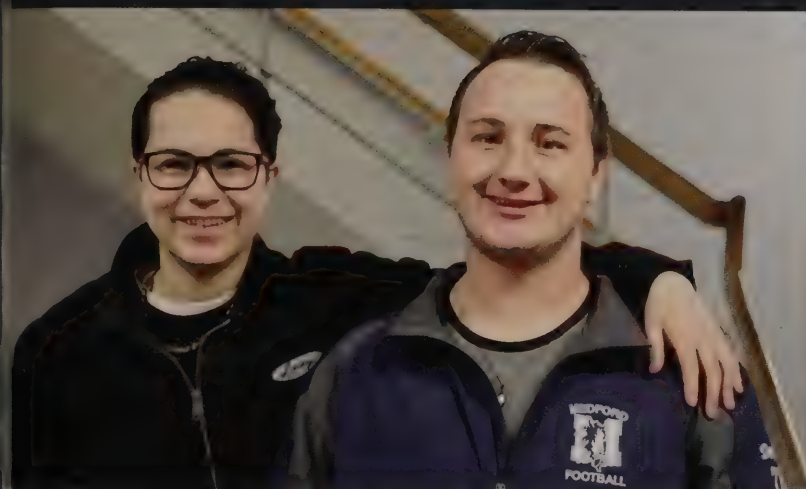
Senior: Ami Carrasquillo & Gianluca Manco

Culinary Arts students learn the principles and techniques of food preparation, handling, food service, nutrition, and restaurant management. Bistro 489, a student-operated public restaurant opening in fall 2017, provides the students with the opportunity to gain firsthand experience

"What can be said about Ami? Every day with Ami is truly unique. Legit unique. Dictionary definition unique. And never less than enriching."

- Mr. Drobneck

AUTOMOTIVE TECHNOLOGY



Seniors: John Harrison & Deivid Demo

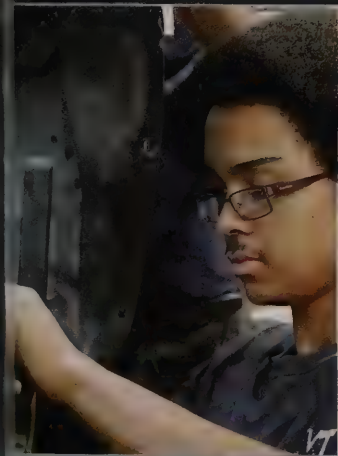


Seniors: David Avila & Paul Lessard

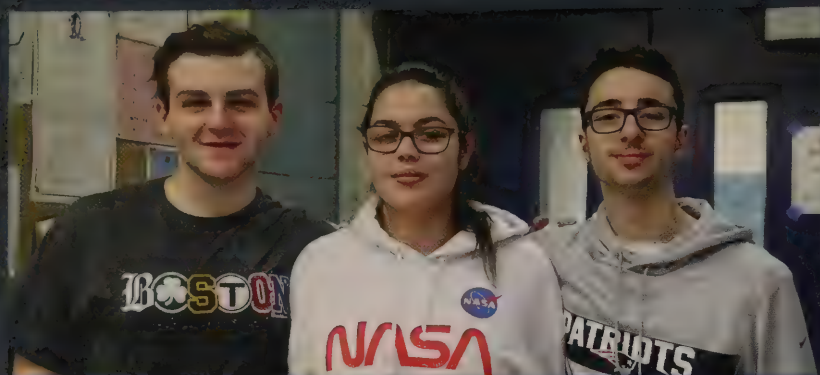
The Automotive Technology program conforms to the National Automotive Technicians Education Foundation (NATEF) standards. Students work on customer vehicles that have been scheduled for repairs, interact with customers, write service orders, schedule jobs, order parts and complete repairs. Upon graduation, students are employed as entry-level technicians, mechanics, brake specialists, electronic technicians, assistant service managers, consultants, and sales people in the automotive parts supply business.

"We are proud of our seniors and wish them luck in the future!"

- Mr. Dell'Ova and Mr. Beckwith



CARPENTRY



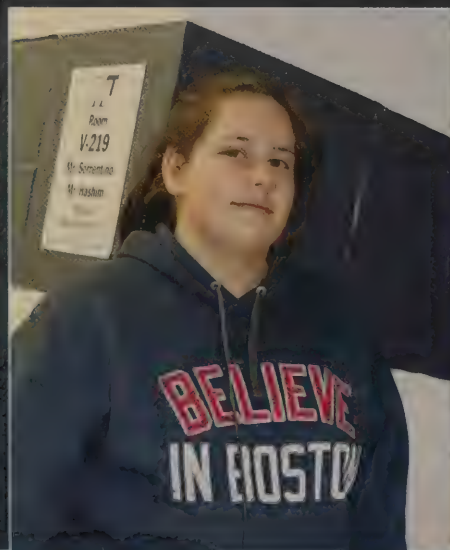
Seniors: Dillon Bombino, Kristen Cimino,
& Logan Machado



Seniors: Dillion, Samuel Gomez, Logan,
& John Barberian

Students in the Carpentry program receive instruction in various methods, tools, and materials used in residential and commercial building construction.

"A most diverse and interesting group, with talents and skills ranging from arst furniture making to serious union carpentry... from creating jewelry boxes to building cabinets... from turning wan and spindles to cutting parts for stools and beds... from constructing a small sho to building a restaurant... from following blueprints to creating personal designs using computer software (CAD). Friends forever: John Barberian, Dillon Bombino, Kristen Cimino, Sam Gomes and Logan Machado."
- Mr. Brown



CONSTRUCTION & CRAFT LABORERS



The construction industry is one of the most diverse and rewarding industries in the world. A career in construction can provide a standard of living for you and your family, as well as a sense of pride and accomplishment in the projects you help build.

Seniors: Corey Stinson, Keith Barrasso, Kevin Barrasso, James Bellino, & Erick Flores

"A group of young men ready take on college and also the laborers union as well. A group that has had an extensive level of not only construction skills but carpentry skills. A group of fun outgoing students, not only in the shop but on the athletic fields. They have helped frame the vocational school to what it is today, from working in the bistro to developing our own identity of the construction shop. It has been a great pleasure to watch these kids grow from young freshmen into young men ready to brave on the workforce with a strong head on there shoulders. Something I always want them to remember is 'The path to success is always under construction.'" - Danny Kelly



ELECTRICAL



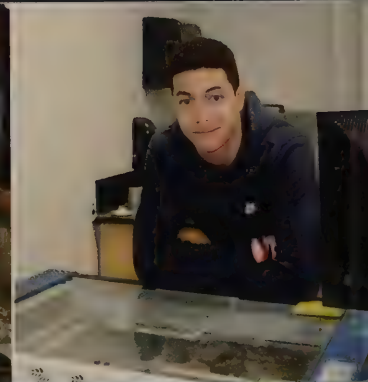
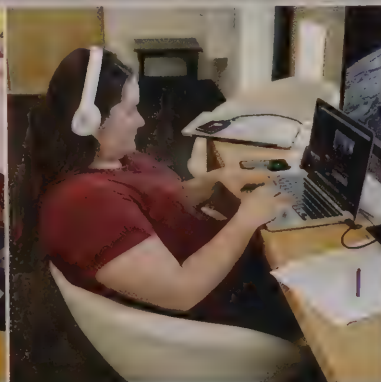
Seniors: Hannah Correnti, Achileas Iliadis, Matthew Kivekas, Benjamin Whalen, Justin Steriti, Quinlan Carroll, Jason Pasquariella, Joao Victor Fernandes, Giovanni Colon, David Bacon, Matthew Morin, Matthew Grant, & Matthew Guerra

Through a competency-based curriculum, the Electrical program prepares students with the basic skills needed for an advanced-level position in the electrical field. The students gain a thorough knowledge of materials, terminology, and safety skills that are necessary to become a licensed electrician, a licensed systems technician, or a telecommunications technician.



Seniors: Giordano Pintone, Gabriel Cupertino, Michael Boudreau, Malachy Donovan, Joshua Santos, & Henry Howard
Not Pictured: Derek Giglio

"The Electrical class of 2019 began as a group of 24 boys and girls. Today, Mr. Burns and I are proud to present 20 mature young men and women who will surely go on to represent our program, our school, and themselves in a most amazing way! Now get outta here you knuckleheads! And don't do anything stupid!" - Mr. Cormio



HEALTH ASSISTING



Seniors: Makayla Machado, Sergine Remy,
& Melissa Canelas

The Health Assisting Program is an excellent choice for students interested in entering the high-demand field of health care and human services. Students are exposed to a wide variety of health careers through classroom lessons, guest speakers, job shadows, and internships.



Seniors: Hannah Maunsell, Amber Letarney,
& Isabella Vilar

"Dance as though no one is watching you.
Love as though you have never been hurt before.
Sing as though no one can hear you.
Live as though heaven is on earth."
- Ms. Savini & Ms. Trofimow



COSMETOLOGY



Seniors: Haley Miles, Laysa Santos, Erika Martinez, Emily Murphy, and Leah Bucknam



Seniors: Jillian Ulanday & Laysa Santos,
Not Pictured: Jessica Fedoce, Cayla Fusco, & Kaina Joseph

A cosmetologist, commonly referred to as a hairdresser, provides a variety of beauty services, which are related to the care of hair, skin, and nail. Upon completion of the program and successfully passing the state board exam, students have many opportunities and career choices.

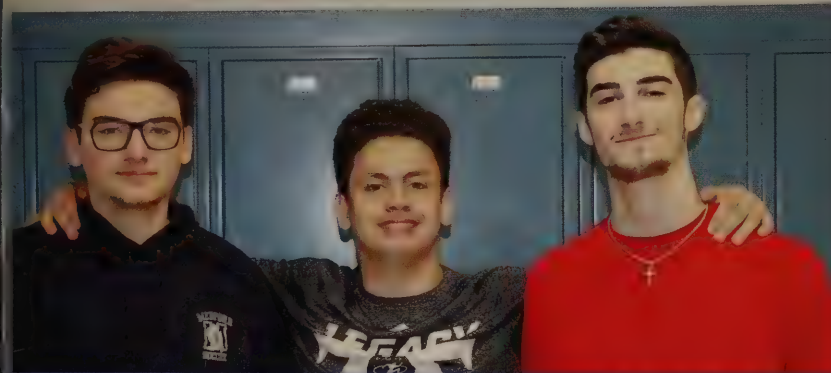
"Congratulations to our seniors on passing state boards! Best of luck in the future!"
- Mrs. Gianino and Mrs. Sciaratta



METAL FABRICATION



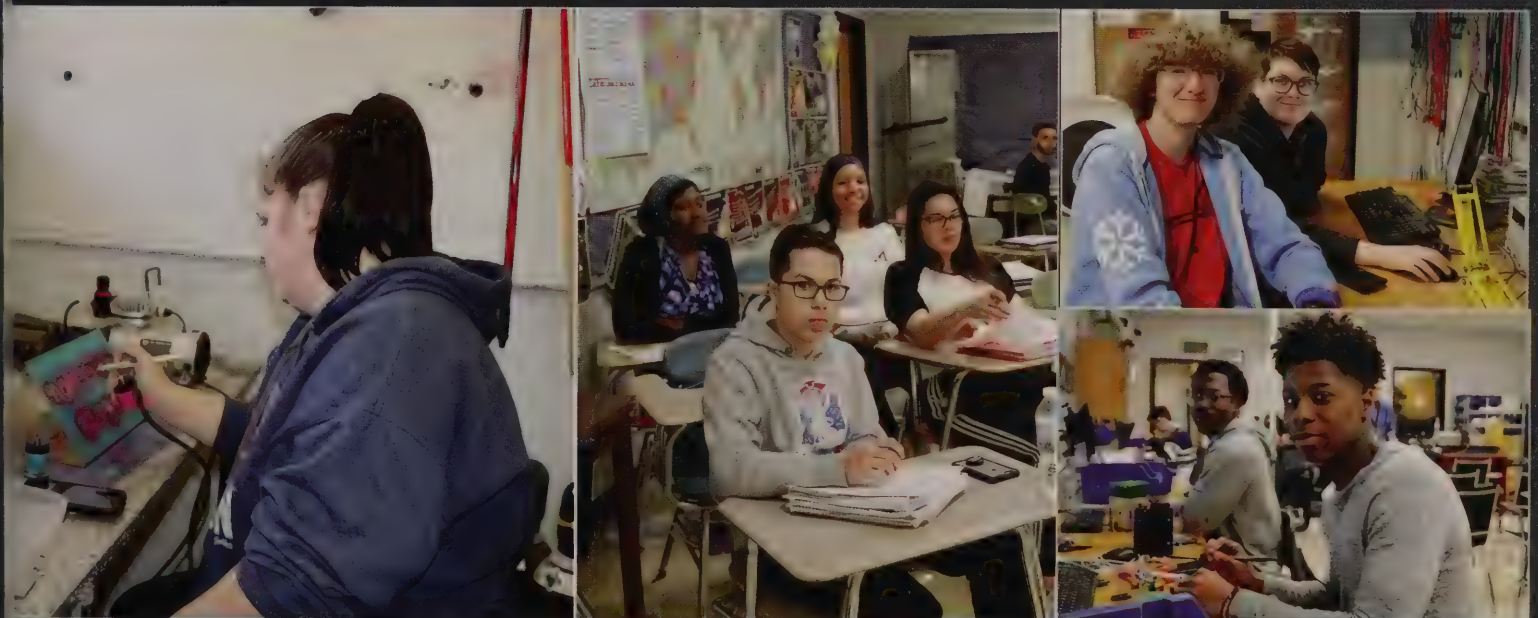
Seniors: John Aldorasi, Marisa Hardy, & Tyler Collazo
Not Pictured: Nick Davis



Seniors: Zachary Prestigiovanni, Mathews Aredes, & Kyle Pacheco
Not pictured: Kevin Cagnina & Dennis Martina

Students learn to create products for the metal manufacturing industry using sheet metal and welding techniques.

"Metal fabrication's meaning is to create something from metal, molding it into a meaningful object, and fusing it together into a functional piece. This object then can either give pleasure to its viewers, such as a precious rose, or can be used as a helpful tool, such as a bracket to support a bridge. This is exactly what my seniors mean to me. They started as many unformed pieces, designed themselves into a creative group and fused themselves into positive young role models. As a result of this process they are ready to change the world. No better example of this is our Welding Club which started from nothing and is now a positive organization. You seniors can use these fabrication and welding principles throughout your life. Congratulations!"
- Mr. Sorrentino

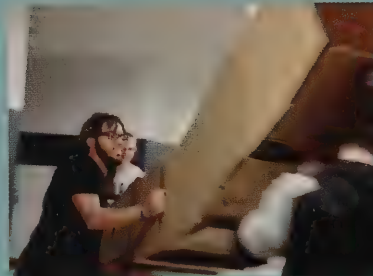


VOCATIONAL ACTIVITIES



HOLIDAY CAN DRIVE

Once again, our students, teachers, and staff showed their vocational pride by participating in the annual Medford Rotary Food Drive. For over 30 years, the vocational school has been collecting, boxing, and helping with the delivery of complete dinner baskets to families in need. This year, we collected over 2500 non-perishable food items to be placed in the 200 baskets along with all of the fixings for a complete turkey dinner gathered by the Rotarians. This tradition was started by guidance counselor Kevin Hickey and Dom Camara of the Rotary Club.

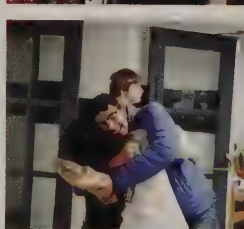
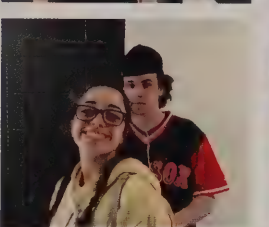
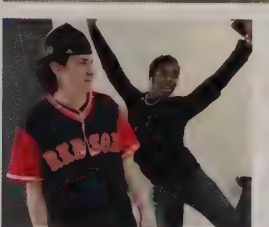
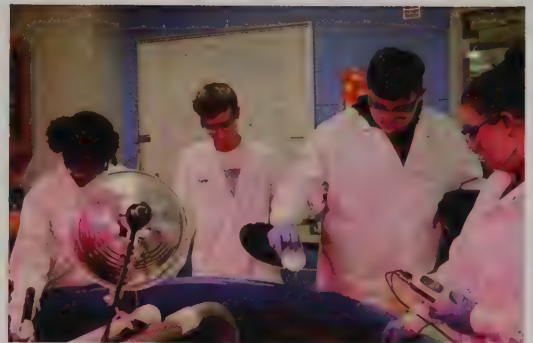
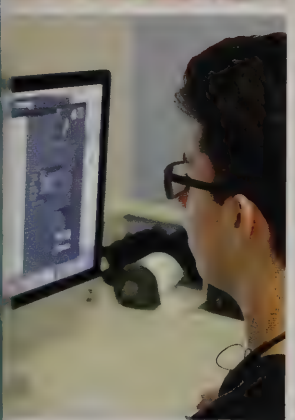
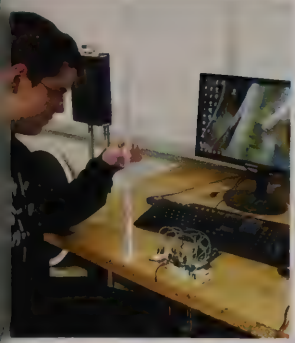


SKILLS USA



SkillsUSA is a national membership association of more than 340,000 students and advisors serving high school, college, and middle school students who are preparing for careers in trade, technical, and skilled service occupations, including health occupations, and for further education. SkillsUSA helps each student excel. The Medford SkillsUSA Chapter is a partnership of vocational students and faculty, working to ensure a skilled workforce. By participating in district, state, and national competitions, our chapter provides students with technical and leadership assistance to support career and technical education (CTE) in our programs.

VOCATIONAL MEMORIES



Highlighting Medford's most memorable events from freshman (2015) to senior (2019) year – not only capturing school dances, but also service trips, student-run show cases, diversity among the student body, and featured senior year memories. With our class slogan, "Go Big or Go Home," the Class of 2019 definitely went big.

Hit The Replay Button on
Capturing the Moment



With over 300 students in the class of 2019, MHS & MVTHS have given opportunities for students to explore various activities on school campus and in surrounding communities. Diverse groups of students have worked hard to give it their best, from entering freshman year in 2015 to finishing high school in 2019.



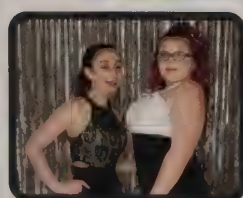
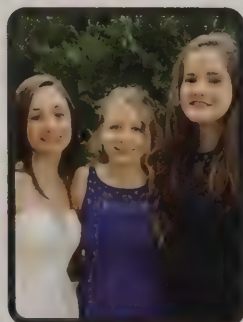
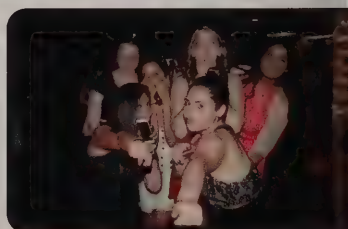
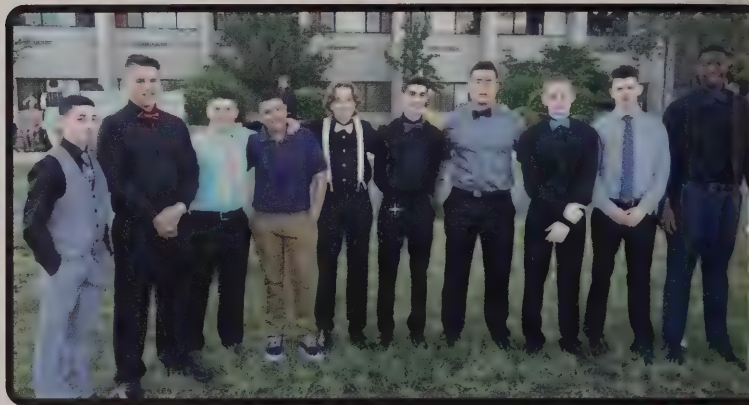
NEON DANCE 2018





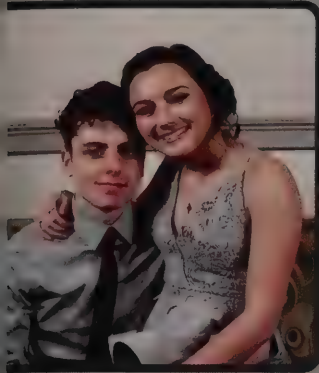
Freshman Formal

June 10, 2016 @ MHS Lobby



Sophomore Semi Formal

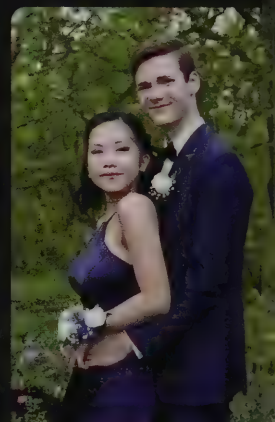
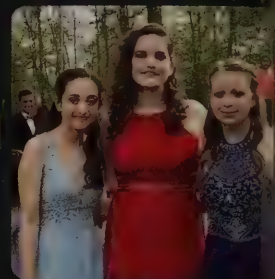
March 24, 2017 @ Montvale Plaza, Stonelham



May 11th, 2018
 Woburn Hilton Hotel
 6:30 pm - 10:30 pm



James Ricciardi &
 Julia Silva



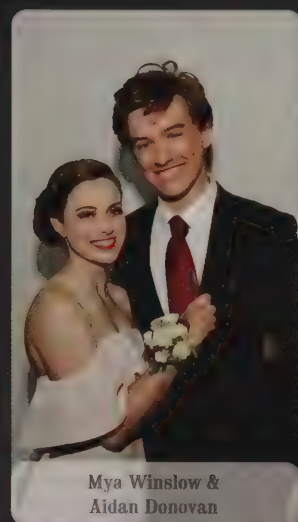
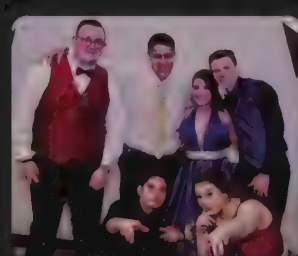
Hannah Chan &
 Connor MacFarlane



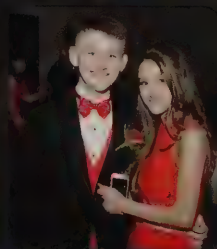
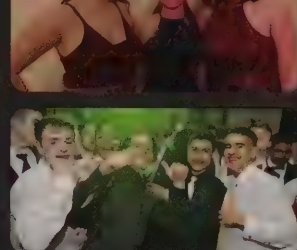
Ruby Green &
 Calvin Neville Lambert



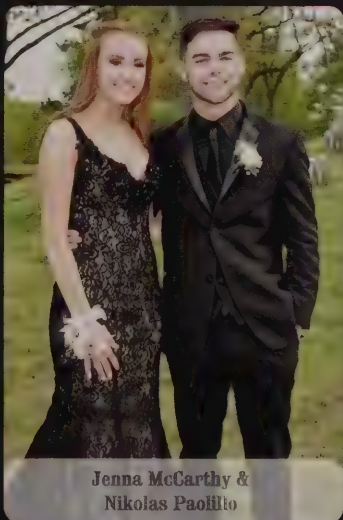
Junior Prom



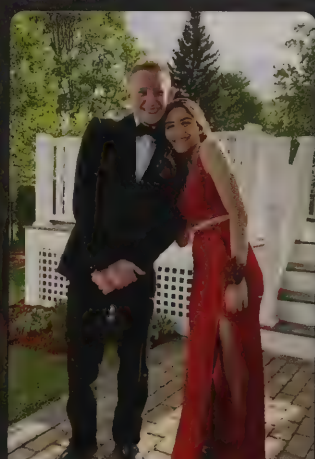
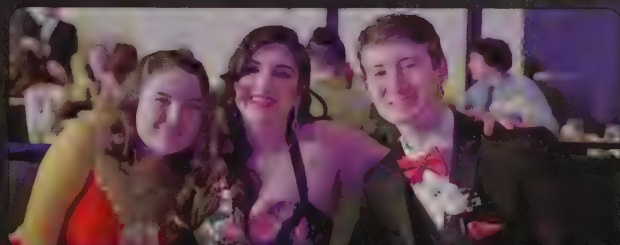
Mya Winslow & Aidan Donovan



Devin DaSilva & Kayley Jefferson



Jenna McCarthy & Nikolas Paolillo



Ryan Cafferky & Leanna Tassinari





Winter Ball

January 25, 2019, MHS Lobby





Princess Anna Meet & Greet



Disney Princess 5K @ Epcot



Animal Kingdom: Pandora - The World of Avatar

Disney Y.E.S.! Trip

February 16th-23rd, 2018

Y.E.S. = Youth Educational Series

As part of an educational trip, students from the class of 2018 and 2019 traveled to Walt Disney World and took part in a youth leadership and science workshop program. They were able to further enhance their understandings on how to develop their own leadership legacy in order to become confident in their ability to accomplish goals and be motivated to achieve the impossible. The group was able to visit

the four major theme parks - Animal Kingdom, Epcot, Hollywood Studios, and Magic Kingdom - that included behind the scenes access.

Both students and chaperons were challenged to discover their personal brand, develop core values, have the courage to step out of their comfort zones, and understand the importance of diversity as they explored the park and experienced exciting attractions.



Minnie Mouse Meet & Greet @ Epcot



Magic Kingdom





On February 16th, 2018, a group of fourteen students embarked on a once in a lifetime trip to Spain. During the trip, the students visited the beautiful cities of Madrid, Barcelona, Girona, Figueres, Segovia, and Toledo. Not only was the trip an opportunity to apply Spanish-speaking skills to real life situations, but it was also a chance to absorb and discover a drastically different culture than that of Medford. This exposure to a contrasting lifestyle left a lasting impact on each student.



Spain Trip 2018

February 16th-23rd



"Who could forget the time we spent in Madrid, Barcelona, and Newark International Airport?"

- Kekoa Lasko

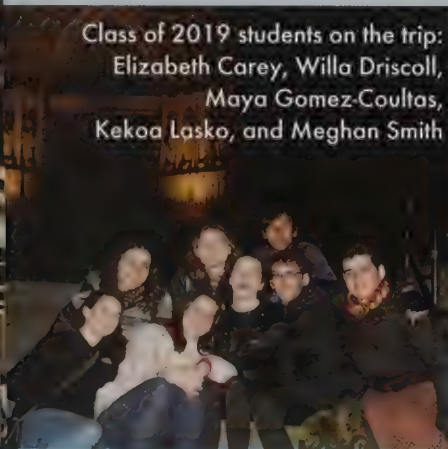
As a part of the **Madrid** aspect of the trip, students resided in a hotel in Madrid, then traveled to **Segovia** and **Toledo** in the following days. Sites visited include La Puerta del Sol, Plaza Mayor, the Royal Palace, and the Alcazar, with a panoramic view of Toledo as well.



El Ave, a highspeed train, brought the students to the second part of the trip, **Barcelona**. In Barcelona students visited a school, Escola Regina Carmeli, along with La Sagrada Familia. In **Figueres** and **Girona**, the students stopped to observe a cathedral and Salvador Dali's famous museum.



Class of 2019 students on the trip:
Elizabeth Carey, Willa Driscoll,
Maya Gomez-Coultas,
Kekoa Lasko, and Meghan Smith





Québec & Montreal

During spring break of 2018, a group of thirty students voyaged to Canada for a five-day trip.



Students had the opportunity to practice their French and be exposed to a new culture reminiscent of that in Europe.

On the first day in Montreal, students were able to walk around downtown and grab a bite to eat.



The Olympic Stadium was another tourist attraction that the students and chaperones visited before traveling to the observation tower 541 feet above the ground.

April 2018 Quebec Trip

April 13th-17th

Students from the class of 2018, 2019, and 2020 had the chance to travel north to Canada for a cultural extravaganza with their peers.



Puerto Rico

Service Trip 2019

On February 13, 2019, a group of 38 students left for an incredible trip to Puerto Rico. During the trip, the students traveled to various cities, including Yauco, Lajas, Ponce, Luquillo, Fajardo, and San Juan. Not only were students able to experience the beauty of the island while snorkeling, swimming in a bioluminescent bay, exploring El Yunque Rainforest, and walking around Old San Juan, but they were also able to work at two schools, a soup kitchen, and two farms, helping those who had been impacted by the hurricane.



Students at an elementary school in Lajas



Outside Fort San Cristóbal

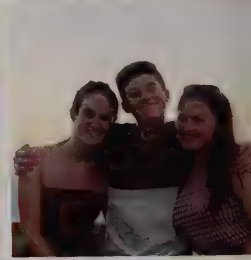


Seniors on the trip: Andrea Arellano, Michael Branley, Elizabeth Carey, Elijah Desmarais, Darwin Do, Eleni Gallas, Maya Gomez-Coultas, Ruby Green, Duncan Hilliard, Kayley Jefferson, Ryleigh McLaughlin, Sofia Morgante, Hannah Rogers, & Meghan Smith



"The trip was absolutely amazing! I had so much fun but also learned a ton from our tour guides Hector and Wilfredo. My favorite part of the trip was our service work in Luquillo. Being on the farm on the mountain by the rainforest was beautiful and I thoroughly enjoyed doing the agriculture work. I felt so at peace and fulfilled by the simplicity and beauty of the work. Everything is gorgeous and warm and the people are so nice. I couldn't have had more fun! Coqui! Coqui!"

- Ruby Green



"I think I came back from the trip with a newfound respect for the people of Puerto Rico. Seeing how people like Carlos were able to pick up the pieces and rebuild their livelihoods with zero federal assistance was very inspiring. The whole trip was honestly an experience I'll never forget."

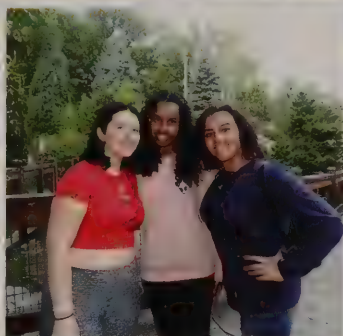
- Darwin Do



"The best part of the trip for me was seeing first-hand how the work we did directly impacted the people in Puerto Rico, from working on the farms fixing the ceiling of a school impacted by the hurricane. The trip was over an incredible experience that I always remember."

- Meghan Smith

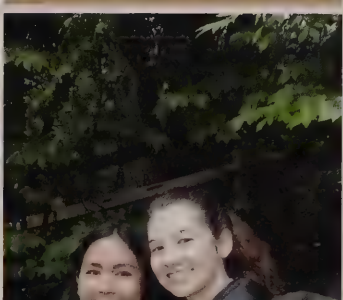
Duncan Hillard, Shawn Dooley,
 DiPietro Antonio, Morgan Amico,
 Fantusio Reggia, Jessica Middle,
 Mikayla Rollins, Maya Gomez,
 Coulter, Willa Driscoll, Ruby Green,
 Jan & Vanessa



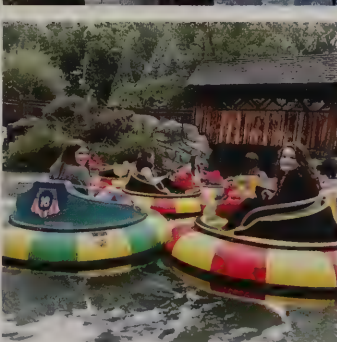
Kimball Farms 2018



Aidan Donovan, Mya
 Winslow, Duncan
 Hillard, Connor
 MacFarlane, Justin Wu,
 Kyle Triton



Richie Horne, Dalia
 Clarke, Gilda Austrel,
 Karizma Carvajal,
 Gaelle Charles



Aidan Donovan, Hannah Chan, & Connor MacFarlane



June 5th, 2015

Mary Kate Lynch, Lauren Brown, & Brenna Forbes



June 11, 2015



January 25, 2019

May 11, 2018



Kayley Jefferson & Ruby Green

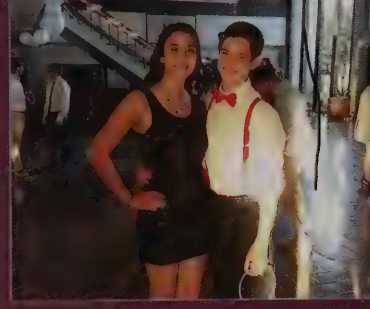
Miranda King-Giannino & Connor MacFarlane



June 10, 2016



January 25, 2019



June 10, 2016



January 25, 2019

Senior Transitions

Erin Diskin & Niamh Keane

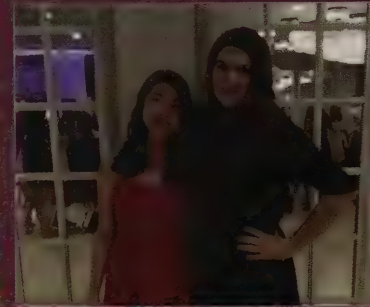


June 2015



July 2018

Echo Heinze & Ryan Heard

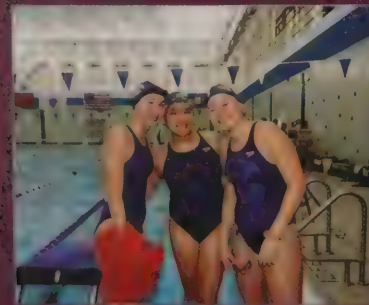


March 24, 2017

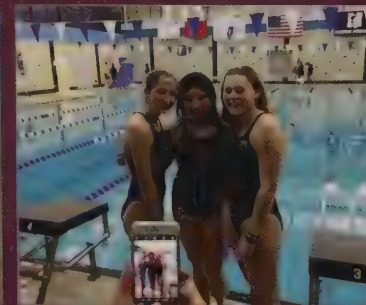


January 25, 2019

Shawna MacNeil, Kylie Truong, & Maya Gomez

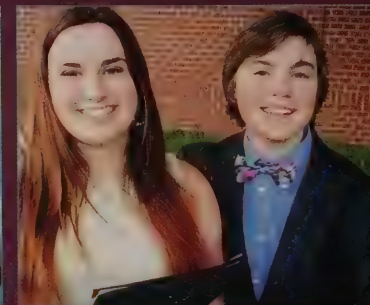


January 9, 2018

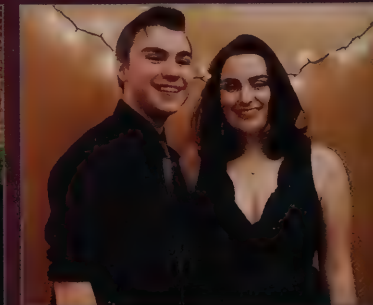


January 24, 2019

Sofia Dimeo & John Intoppa



June 11, 2015



January 25, 2019

Emily Ohlson & Sabrina Correia



September 2016



September 2018

Jennifer Dossantos & Jessica Dossantos



September 2015



September 2018

Izaak Beusmans, John Intoppa, Hannah Chan,
& Mary Kate Lynch



June 10, 2016



January 25, 2019

Niamh Keane & Angelina Frateva



June 10, 2016



January 25, 2019

How we have changed throughout the
years ...

Kenza Sallama & Haley Miles



December, 2015



August, 2018

Francesca Leggio & Megan MacGilvray

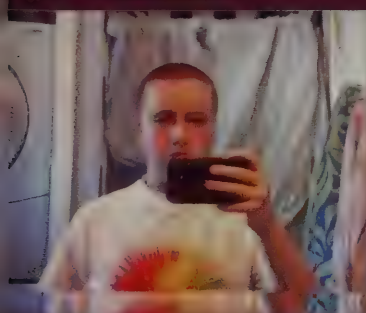


June 2015



May 2018

Duncan Hilliard



Fall 2013



Fall 2018

Lauren Parziale & Ryan Heard



March 24, 2017



January 25, 2019

Pets are everything...



Justin Wu & Kirby



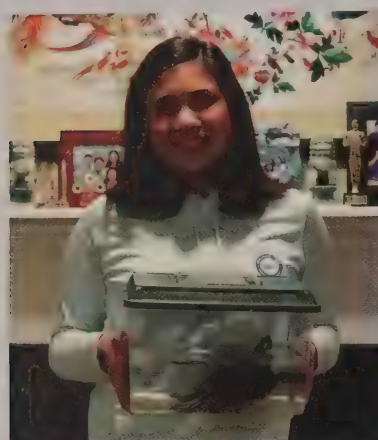
Julia Silva & Ginger and Charlie



John Intoppa & Jesse



Ryan Heard & Lovey and Ollie



Kylie Truong & Soup



PJ Laskey & Ziggy



Emily Ohlson & Winnie



Echo Heinze & Brownie



Matthew Crowley & Chunky



Kayla Dell'Anno & Nicey



Mya Winslow & Sir Isaac Fig Newton



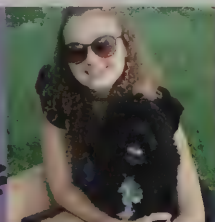
Brenna Forbes & Grover



Layla Treco & Willow



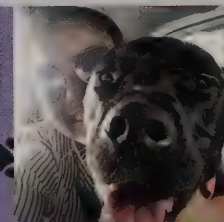
Fallon Grotto & Max



Ava Dowley & Hunter



Erin Hiskin & Tabby



Arianna Barthesa & Jack



Sara Elkindokly & Max



Hannah Cohen & Hollywood



Luiza Barbosa & Jack



Jessica Taddeo & Pippin



Angelina Frateva & Kiki Bean



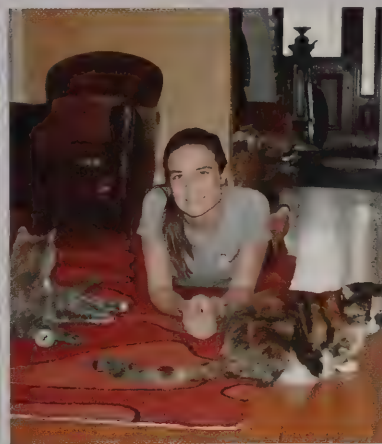
Maya Gomez-Coultas & Ipanema



Meghan Smith & Oreo, Kodiak, Abby, and Cinnamon



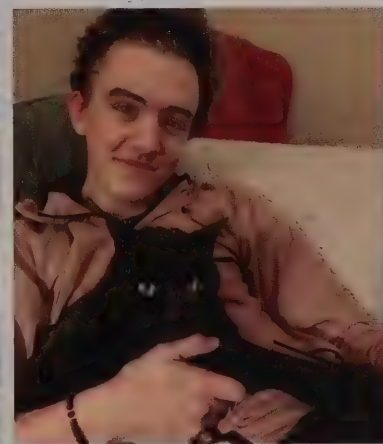
Hannah Chan & Snickers



Lauren Brown & Misty and Lucy



Sarah Deasy & Parker



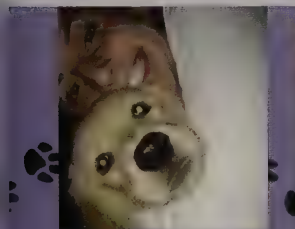
Aidan Donovan & Vader Donovan



Winnie Standeven & Louisa, Juno, and Percy



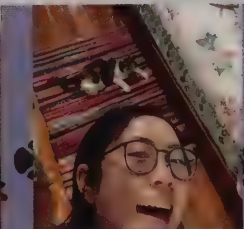
Wendy Vong & Tortuga, Tortilla, and Torta



Jenna Sullivan & Lulu



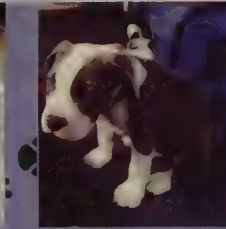
Holly Green & Violet, Mollie and Jay



Danielle Le & Sancho



Alodia Brennan & Cal, Casco



Mahruy Hattar & Doc, Lulu



Nathan Everett & Cal, Bonnie, Jack a Gabriella

SENIOR



Megan MacGilvray



Kieran McFadden



Kayley Jefferson and
Jillian Ulanday



Ryan Cafferky



Erin Diskin



Paul Lessard



Haley MacLean



Ryan Heard



Lyndsey Martins



Courtney Costa



Ryleigh McLaughlin

CARS



Jacob Ritchie



Maya Gomez-Coultas



Emily Ohlson



Brenna Forbes



Leanna Tassinari



Michael Branley



Jessica Taddeo



Connor MacFarlane



Kenza Sallama



Dillon Bombino



Morgan Simco



C201 Mr. Skorker



C203 Ms. Gomez



C205 Ms. Nyland



C209 Mr. Geehan



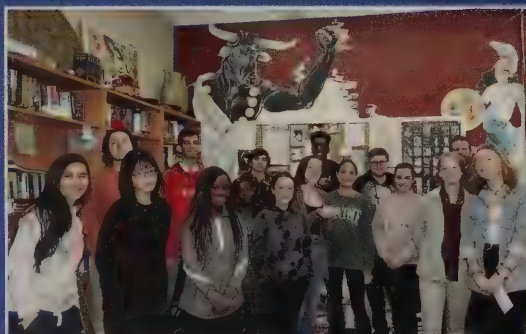
C210 Ms. Daneu



C211 Mr. Tower



C212 Ms. Jones



C213 Mr. Heinegg



C214 Mr. Hiraldo



C216 Ms. Ademaj



C217 Mr. Stelter



C218 Ms. Rigano



C219 Ms. McMahon



C220 Ms. Needham



C221 Mr. Lewis



C223 Ms. Giordano



A201 Ms. Burns



A203 Ms. Van Aken



A205 Mr. Smith

Senior Year Homerooms

Students start off their day by listening to the morning announcements from the voices of Medford High. This year, the voices of Medford High from the class of 2019 were Ruby Green, Danielle Le, and Michael Palmer.

Jasper Su and Miranda King-Giannino also worked hard behind the scenes in the main office, making sure that everything from homeroom attendance and lecture hall signs were on designated teacher's doors.



The Voices of Medford High 2018-19 Sign Offs
"I'm Ruby Green, have a colorful day."
"I'm Danielle and that's the bell."
"It's been an honor, this is Michael Palmer."



Senior Jobs

Medford High School Pool

Staff: Matthew Crowley, Aidan Donovan,
Connor MacFarlane, Mary Kate Lynch

"Did you know there are approximately 33,080
tiles on the wall?... I counted"

- Aidan Donovan



Donuts with a Difference

Staff: Lauren Parziale and Sabrina
Correia

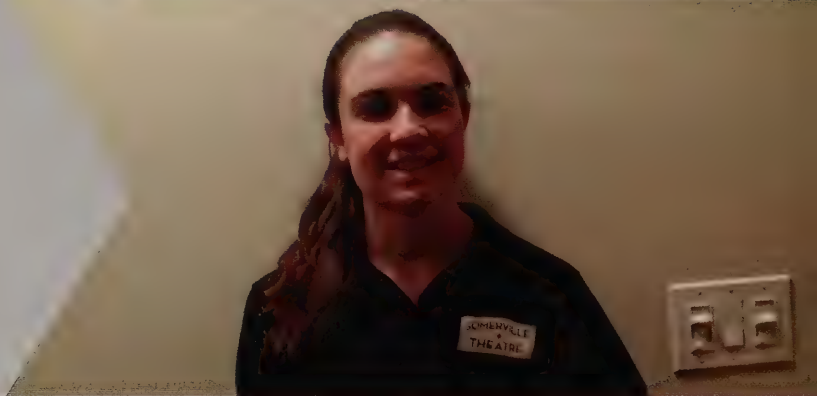
"Be different." - Sabrina Correia



Somerville Theater

Staff: Lauren Brown

"Is your butter vegan?" - One of
Lauren's Customers



J.P. Licks

Staff: Mya Winslow and Luiza Barbosa

"We literally get paid to hangout."
-Mya Winslow



Modern Hardware and Paint Co.

Staff: John Intoppa

"Working at Modern is great, the people you meet and people skills you develop really help define who you are. The best place to work hands down." - John Intoppa



Rite Aid

Staff: Ryan Heard, Leanna Tassinari, Abigail Vigliotte, Monica Silva, Caitlin Sheehey

"Do you have a plenti card?"

Salvatore's

Staff: Jacob Ritchie, Michael Palmer, Eric Sweeney, Emma Baker, Michael Branley, Brendan Meagher

"In Hector we trust." - Sal Vatore



Boston Duck Tours

Staff: Shawna MacNeil

"It's a quaktastic job." - Shawna MacNeil

M.I.T Pool

Staff: Abby Brady

"MIT pool is where everyone becomes friends with the community and coaches." - Abby Brady



SENIOR SUPERLATIVES

CLASS OF 2019



**Best Friends
(girls)**

Ava Dawley &
Narmene Bensaber

**Most Likely To
Be President**

Shubhecchha
Dhaurali &
Christopher Walsh

Best Bromance

Jack Manning &
Derek Murray

Most Athletic

Willa Driscoll &
Duncan Hilliard

Class Clowns

Isabella Sanchez
& Arden Ingersoll

**Best Friends
(boy+girl)**

Patrick Fanning &
Lyndsey Martins

**Most likely to
be famous**

Jenny Lu &
Jack Egan

Worst drivers

Kayley Jefferson
& Nick Paolillo

Cutest Couple

Leanna Tassinari &
Ryan Cafferky

**Most School
Spirit**

Kylie Truong &
Edson Luiz Moura
Lima Siqueira

Best Dressed

Michael Branley &
Adriana Barbosa

**Best Dressed
Down**

Cadence Higgins
& Kekoa Lasko



**Most Likely To Be
Late To Their Own
Wedding**

Emma Baker &
Eric Sweeney

**Most Likely To Be a
Teacher @ MHS**

Jack Lazzaro &
Mikhalya Rothermel

Best Nickname

Ryleigh McLaughlin
(Rylo) & David Brosnan
(Mojo)

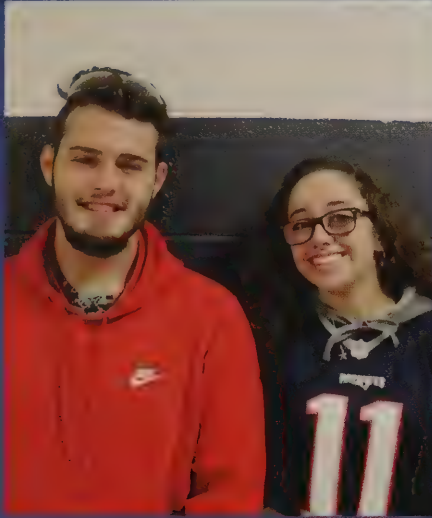
Most Talented

Ruby Green &
John Intoppa

VOCATIONAL

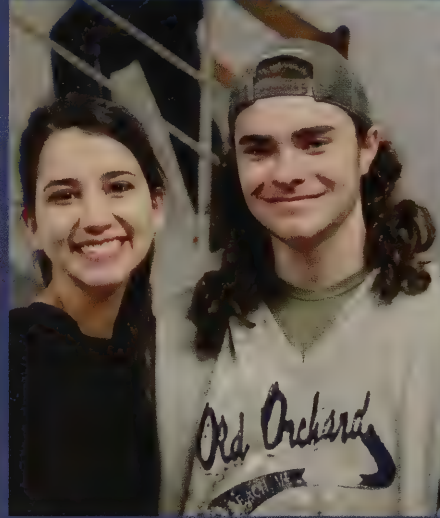
BEST SMILE

Makayla Machado
and
JV Fernandes



BEST AT THEIR TRADE

John Barbarian
(Carpentry)
and
Laysa Santos
(Cosmetology)



MOST VOC SPIRIT

Malachy
Donavan



BEST NICKNAME

Paulypancakes
(Paul Lessard)
and
Jillybilly
(Jillian Ulanday)



BEST FRIENDS FOREVER

Makayla Machado
and
Jessica Fedoce



BEST BROMANCE

Logan Machado
and
Jeffrey Pascal



SUPERLATIVES

HALLWAY PATROL

Kayla Valme
and
Hannah Correnti



MOST ATHLETIC

Makayla Machado
and
Logan Machado



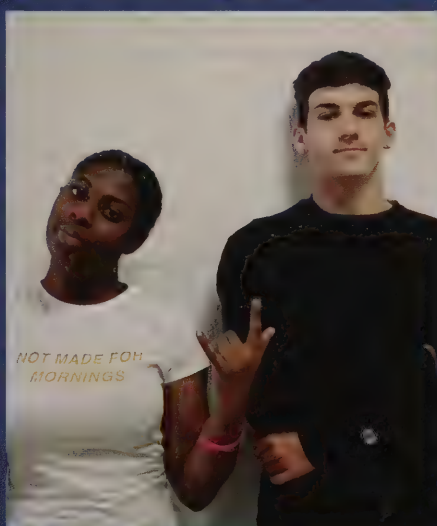
LIFE OF THE PARTY

Jillian Ulanday
and
Jason
Pasquariella



CLASS CLOWNS

Keith Barraso
and
Kayla Valme



CLASS CUTIES

Makayla
Machado
and
Kyle Pacheco



COUPLE THAT SHOULD HAVE BEEN

Jessica Fedoce
and
JV Fernandes







Portuguese
"Os dias nem
sempre eram tédio."

English
"The days were not
always boring."

Jennifer
Dossantos

CAPTURING DIVERSITY



Shubhecchha
Dhaurali

Nepali

"Hai skua merro jivanako cara vasara thiyo jaham maile dherai pharaka manche bhetem; mansaharu juna mero najikaka sathiharu, kanphidiyantaharu, sallahakaraharu, prerakaharu, ra bhumika modalahary baneka chan. Mansahary ma kahilyai janna cahanthe va samaya bitaumchu, tara ajhai maile gare ra tyo saman'yama ucca vidyalaya/ jivanako sundarata ho."

English

"It was like I blinked, and then it was over. High school was four years of my life where I met so many different people; people who've become my closet friends, confidants, advisors, motivators, and role models. People I would have never expected to get to know or spend time with, but somehow I did and that's the beauty in high school (and life in general). Someone once told me, actually some people have told a sophomore, stressed, and seriously struggling version of me, 'it's really just all about the relationships you build. That's what makes life worth living,' and I think high school really allowed me to experience that."



Jenny Lu

Mandarin

"Zài wmen de gāozhōng, wmen yu hnduō bùtóng de xuéshēng cóng gè zhòng dìfāng. Suǐrán wmen miàn shàng de yánsè hé múyàng bù yīyàng, wmen dòu shì miguó rén, dòu shì yu wèilái de xuéshēng."

English

"At Medford High, we have all types of students from all different places. Though on the surface, our color and appearance make us different, we are all Americans and we are all students with a future."



Rose Biandie
Jean Mary

Haitian Kreyol
"Gen 3 L nan lavi:
Legliz, Lekol,
Lakay."

English
"The 3 main things
in life are School,
Church, Home."



Melissa
Carelas

Spanish

"Inteligencia más carácter que es el objetivo de la verdadera educación."

English

"Intelligence plus character - that is the goal of true education."
- Martin Luther King, Jr.

Spanish

"Me gusta Medford High porque nos ha regalado una voz sobre problemas que nos afectan directamente."

English

"I like Medford because it's given us a voice about issues that affect us directly."



Alex Lemus



Sophie
Liu

Cantonese

"Duóyàng xìng shì zài wúzhī de hēi'àn zhōng shnyào de guāngmáng."

English

"Diversity is the light that shines over the darkness of ignorance."



Yasmin Garcia

Portuguese

"A cultura faz as pessoas se entenderem melhor. E se eles se entenderem melhor em sua alma, é mais fácil superar as barreiras econômicas e políticas. Mas primeiro eles têm que entender que seu vizinho é, no final, apenas como eles com os mesmos problemas, as mesmas questões."

English

"Culture makes people understand each other better. And if they understand each other better in their soul, it is easier to overcome the economic and political barriers. But first they have to understand that their neighbor is, in the end, just like them with the same problems, the same questions." - Paolo Coelho

YOU KNOW YOU'RE AT MIHS WHEN...

Officer Mazaka starts throwing root beer barrels

It's 100 degrees in the school by May

You hide your coffee from Ms. Treanor

There's never an open bathroom

Something is always happening in cafe two

You have VPN on your phone

When everyone freaks out over a bird in the cafeteria

FAVORITE: ENTERTAINMENT

The Office
Black Panther
Breaking Bad
Game of Thrones
Friends
Pulp Fiction
ROMA
Bohemian Rhapsody

FAVORITE: PLACES TO EAT

Tenoch
Boston Burger Company
Amici's
Kelly's
CB Scoops
Dunks
Panda Express
Jim's Market
Ronny's
Panera
Buffalo Wild Wings

FAVORITE: ARTISTS

Post Malone
Travis Scott
Drake
Ariana Grande
Hamilton
Queen
Kendrick Lamar

FAVORITE: SONGS

"Sicko Mode"
"Piano Man"
"Mo Bamba"
"This is America"
"thank u, next"
"Bodak Yellow"
"Humble"
"BoRhap"

FAVORITE: PLACES

Victory Park
Davis Square
Abandoned Hospital in Malden
Wright's Tower
Harvard Square
The Fells
The North End

HIGH SCHOOL FADS

Airpods
Hydroflasks
Stickers
White sneakers
Bean boots
Scrunchies
Gucci Belts
Fit Bits
Nike

MOST USED: WORDS

Bet
Lit
I'm hip
Beat
Shook
Facts
Spill the tea sis
Brick
Chief



First Days of Senior Year

August 28th, 2018

Carmen Diorio



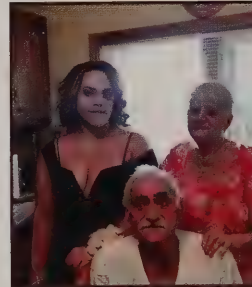
A question that is frequently asked of me is how am I so happy all the time. You, Carmen are one of the reasons. We as your parents look up to you because you're simply that amazing. I can't wait till all the pieces of your puzzle come together, and you can truly see how remarkable you are. Now go and get it gurl. I'll love you forever I'll like you for always as long as I'm living my baby you'll be. yup! crying!!! love you Mom and Dad



Isabella Guarino Vilar



All your hard work has paid off. Congrats on your graduation. If you dream it you can be it. You have grown into a young lady that your father and I are very proud of. We love you five.



May all your dreams come true.

Love Mom and Dad



Annabelle Tang



Belle, congrats, you did it! Hope you're as proud of yourself as we are of you. Best of luck for your future, you'll do amazing things in life! <3, from all of us

Nathan Pereira

Congratulations Nate! You did it! We are so proud of you!

Love,
Mom, Dad and Adam



Leanna M. Tassinari



Leanna,
We are so PROUD and HONORED to be blessed with such a beautiful daughter. Your love, smiles, and laughter are priceless. We wish you the VERY BEST in LIFE and MAY ALL YOUR DREAMS COME TRUE! Love Always & Forever, Mama & Papa

Congratulations to The Class of 2019



Gillian Grubb



Gillian,
"Be who you were created to be, and you will set the world on fire."
Keep being the sweet, smart, funny girl you are!
We love you Gilli-bug!
Mom, Dad, Cam and Max



Allie Brenton



Happy Graduation, we are so proud of you!

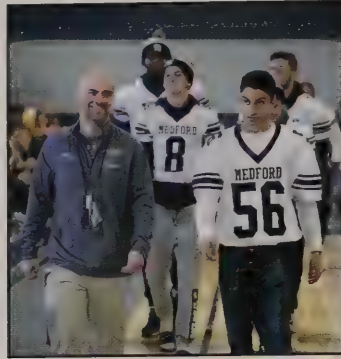
Congratulations, Class of 2019!

"Be not afraid of greatness. Some are born great, some achieve greatness, and others have greatness thrust upon them."

- William Shakespeare

We are so very proud of each and every one of you.
We wish you the best in your future endeavors.

Sincerely,
Your High School English Teachers



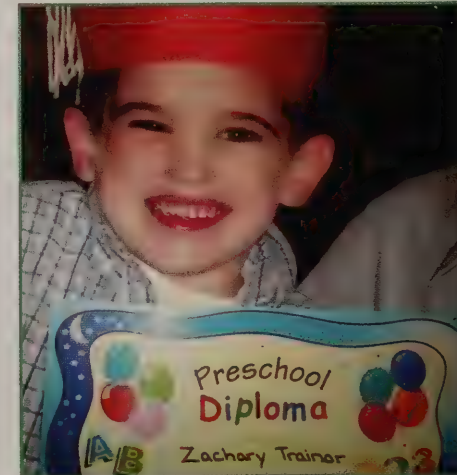
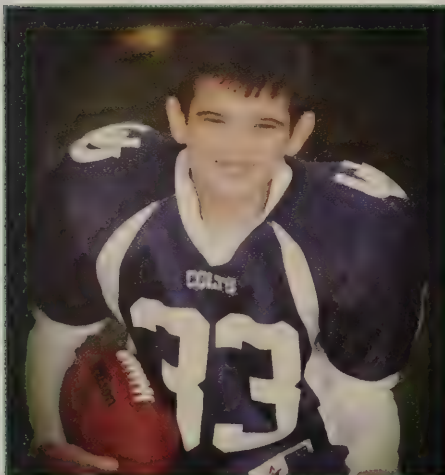
TO THE COACHES AND THE
MUSTANGS FOOTBALL TEAM. WE
APPRECIATE ALL YOU HAVE DONE
IN THE PAST 3 FOOTBALL SEASONS.
YOU ALL HAVE DEVOTED TIME &
EFFORT IN MAKING GIANLUCA FEEL
LIKE PART OF THE TEAM. YOU HAVE
TAUGHT HIM SPORTSMANSHIP,
FAIRPLAY, AND MANY VALUES THAT
HE WILL NEED THROUGH OUT LIFE.
THANK YOU AGAIN.
THE MANCO FAMILY
2019



Zachary,

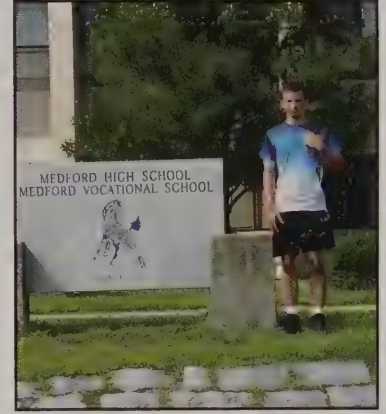
Your future is filled with endless possibility
Chase your dreams,
embrace every opportunity
and enjoy the ride!
Never stop being you,,
you are amazing!
Always remember your way back home
and how much your are loved!

We are so proud of you!
Mom, Dad, John and Nicole



Michael O'Grady

Medford High School
Class of 2019

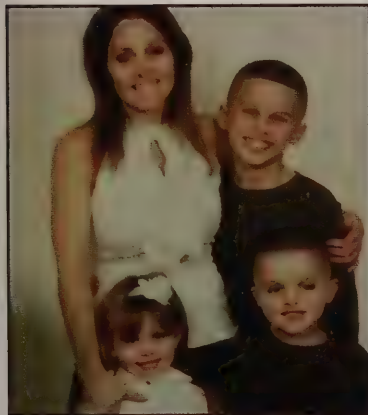


Congratulations Michael! We are very proud of you!

It seems like yesterday that you started kindergarten and now you are graduating high school. It's bittersweet because my sweet little boy is now an extraordinary young man. I look forward to continue to watch you grow in your next phase of life. I am more proud of you than I ever could have imagined.

Your hard work, intelligence, and determination will continue to guide you to exceed any challenge. You will go far in life and deserve the best this world has to offer. Even though I have to let you go for you to discover the world on your own, I will always be here for you anytime you need me. You are my world. I love you so much Michael.

Love,
Mom, Hayden, & Joey
XOXOXO



Meghan Smith

Meghan,

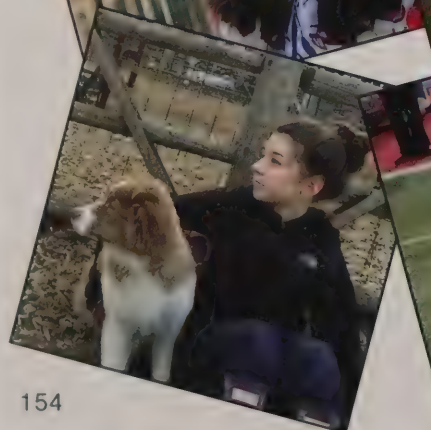
Congratulations - you made it!

We have enjoyed watching you grow into an amazing young woman who is so much fun to be around (especially with that sly sense of humor).

You are a true leader in the classroom, on and off the field and in all aspects of your life.

Dream big and pursue your dreams with all the passion, tenacity and integrity you gave in becoming the **BEST DRUM MAJOR**.

We love you and are so proud of you.
Mom and Dad

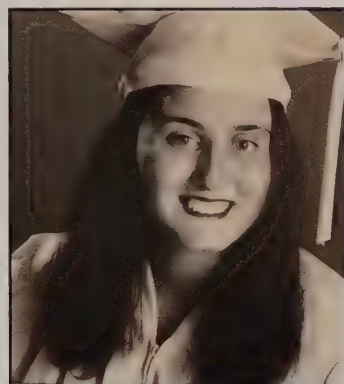


Hannah Margaret Maunsell

Hannah, we are so proud of you! You are a funny, talented, beautiful young lady with a very big heart! Always follow your dreams!

"If you do what you love, you'll never work a day in your life."

We love you,
Mom, Dad, Shamus Jr.,
and Michaela



Ryleigh McLaughlin



Ryleigh Bridgeen McLaughlin,

May your life always be sweet. We love you to the moon and back and around the SUN!
Congratulations! We are always so proud of you.
Love, Mom, Dad, Aiden, Gracie and Griffin

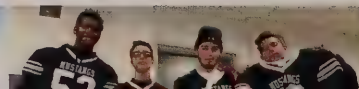
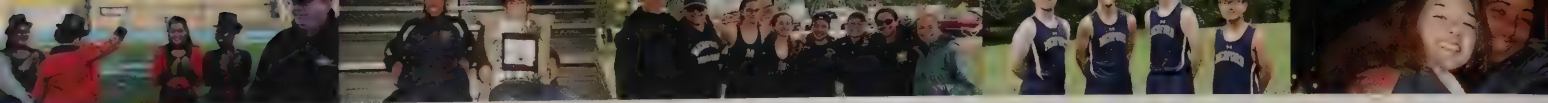
Jack Lazzaro

Behind you, all your memories
Before you, all your dreams,
Around you, all who love you
Within you, all you need.

We are so proud of you and your achievements.
We love you!

Mom, Dad and Elizabeth
XOXO

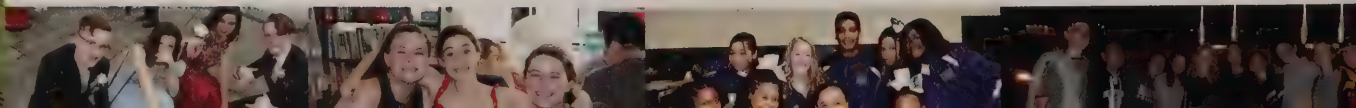
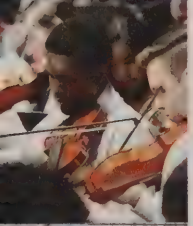
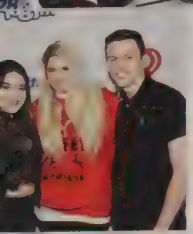


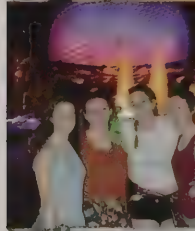




Autographs







Autographs





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